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POPPY CANNON'S Bride's Cookbook

Over 500 recipes—from basic foods to gourmet feasts—by one of America's foremost cooking authorities.

(Formerly titled *The ABC's of Quick and Glamorous Cooking* and *The Bride's Cookbook*)

POPPY CANNON'S BRIDE'S COOKBOOK—A GIANT GUIDE TO MORE THAN 500 TASTE TREATS

Young wives, working wives, housewives, busy wives of all kinds will find this cookbook an invaluable aid to serene and delicious dining.

Poppy Cannon's fabulous versions of famous gourmet recipes start with canned goods, ready mixes and frozen foods. The results? Dinners that would make his mother jealous—prepared so easily that you can sit down to the table looking fresh as a bride!

POPPY CANNON'S BRIDE'S COOKBOOK

(Formerly Titled:

The ABC's of Quick and Glamorous Cooking

and

The Bride's Cookbook)

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Originally published in 1954 as *The Bride's Cookbook.*
Revised edition published in 1961 as
The ABC's of Quick and Glamorous Cooking.

TO WHOM COULD A BRIDE'S BOOK BE DEDICATED,
EXCEPT, OF COURSE—
TO MY HUSBAND, WALTER WHITE

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A WORD TO THE WIVES

TO THE BRIDE we bring this book . . . to the Bride, to the man she loves, and to the friends who come within the shining circle.

Here is a cookbook (if we must use that stodgy word for so romantic a volume) which is different from all others since it combines tenderness with information . . . romance with practicality . . . the most up-to-the-minute news of ready foods, along with much age-old and ageless wisdom which is not necessarily culinary.

This book is devoted to the principle that the Bride, aided by the canner, the baker, the ready-mix and frozen-food maker, may right from the start equal and even excel the ladies who win blue ribbons at the County Fair. This book tells her precisely and exactly, step by simple step, how she may set before her husband and guests perfection in the way of such simple foods as well as such delicacies as Brunswick Stew, Spoon Bread, Sweet Potato Pone, Charleston Turkey Hash, Madeira Wine Jelly, Grand Central Oyster Stew, Shenandoah Apple Cake, Cheeseburgers, New Orleans Po' Boy Sandwiches, or the famous Green Goddess Salad from San Francisco's Palace Hotel.

This is a very different book because it is based on a new theory: that some of the best meals of our time are whizzed together in a matter of minutes, often with the sketchiest of equipment and by the most blissfully untutored impresarios, i.e., Brides with flowers in their hair and only half an eye on what's bubbling. In this book the can opener, the mix, and frozen food take their place among the immemorial little gods of hearth and household.

With this book the Bride can discover how to cook meals that are not only adequate but entrancing . . . and do it with little of the real work of cooking. No longer plagued by kitchen-maid chores, which have been taken over by the food manufacturer, she soon becomes an artist at her stove, adept in the realms of cookless cookery, where a dash of herbs, a splash of wine, an unusual garnish, may lift the ready soup,

the frozen stew, the prepared cake mix, from just plain food to a social art. Some are basic, starting from scratch, but scarcely a one is orthodox, and *none* is difficult. All of the recipes are easy to prepare, alluring to look upon, good to eat.

ABOUT THE RECIPES . . .

YOU WILL NOTICE that the recipes in this book are written in a new way that we hope will make them easier to read and use.

In many cases we start with a few descriptive phrases —sometimes an identifying locale—a brief word picture of the finished dish.

So that you may see at a glance just what you must have on hand or order, we have listed ingredients without quantities and have omitted such staples as salt, pepper, and water. Exact measurements are included in the body of the recipe.

How many does the recipe serve? It's hard to say. For it is assumed that we are dealing here with two active, healthy, young people, one of them a husky male who would be outraged by average or tearoom portions. So we speak generally of the number of servings you can count on rather than the number of persons. Our portions are somewhat more lavish than those prescribed in more orthodox volumes.

Most of our recipes include serving suggestions. Especially in those chapters dealing with meats, poultry, fish, eggs, and other main dishes, we have mentioned good accompaniments, believing that such combinations often prove more practical than formal menu plans.

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A

is for Abracadabra -that special type of magic that transforms a can or a packet or ready made food into a thing of joy and savor. Banish the thought that the can opener is a badge of shame It can be a magic wand Remember that most prepared foods are cooked for the Many. So they are generally underseasoned. After all, it is so much easier to add than to subtract flavoring to your food.

AT HOME

There is a house where I have lived
for many years
and outside the door, a hill
that is as much a part of me
as is the curve
of my own breast.

And yet the other day,
I walked with you
into a room I'd never seen
before that dusk
and when you switched the light and said "We're home"
I was.

But I do wish the stove worked!

APPETIZERS

THERE ARE TWO kinds of appetizers. One is the prelude to dinner, but far more popular today are the appetizers served as accompaniments to cocktails, either before dinner or at a party. The first rule is, *keep it simple*. The most distinctive appetizers are nothing more or less than good tasting tidbits; they can be anything which is easy to handle, attractive to look at, and, of vital importance, delightful to taste.

Don't be put off by the fact that you have never encountered one of your favorite morsels at a cocktail party. Many of our regional delicacies are just now making their debut as cocktail accompaniments . . . hush puppies, for instance, and cracklin' corn pone, deviled crab cakes, miniature hamburgers . . . frankfurters, of course, in the smallest of Parker House rolls or encased in biscuit or pastry dough. Home-made popcorn! Roasted chestnuts!

The list is endless. Most important, keep it simple; don't bother with fussy canapés. Provide spreads and breads and let your guests fix their own. Here are ideas traditional and novel to get you started.

ON-YOUR-OWN APPETIZERS. I

A help-yourself tray of appetizers has much to recommend it -especially to those of us who never have time to fix fancy canapés.

You will need:

smoked salmon
creamy-white smoked sturgeon
baked Virginia ham
long French rolls
olive oil

Arrange on a big platter tidbits of pink smoked salmon, creamy-white smoked sturgeon, and baked Virginia ham (all from the delicatessen). On the same tray have a pepper grinder, a very small bottle of olive oil, and long French rolls cut crosswise into ¼-inch slices.

At serving time:

Let everyone fix his own plop the chosen snack on the circlet of bread, dribble a bit of olive oil over it, and sprinkle lightly with pepper.

ON-YOUR-OWN APPETIZERS. II

You will need:

raw vegetables
black or green olives
chives, parsley, or green onion tops

crushed ice
cottage cheese
sour cream
Heinz "57" Sauce

Cover such raw vegetables as celery, carrot sticks, cucumber slices, fennel, flowerettes of raw cauliflower, slivers of cabbage, strips of green pepper and/or turnip, beets, quartered tomatoes, and sprigs of watercress with crushed ice, or wrap each kind separately in a damp cloth and set in refrigerator to crisp. Garnish with black or green olives and supply a bowl of salt for dipping purposes, or serve a cottage cheese dunk sauce in a separate bowl in the center of the platter. This sauce should be on the soupy side. If necessary, use a little top milk for thinning. Mix 1 cup cottage cheese, 1 cup sour cream, 2 tablespoons chopped chives, parsley, or green onion tops, and 1 teaspoon Heinz "57" Sauce.

ANCHOVY TOAST

Very much like the French *anchoade* you'll find this in many communities where there is a Latin influence.

You will need:

boned anchovies
garlic
olive oil
wine vinegar
French bread

Crush 6 or 8 boned, silver-skinned French anchovies in a dish with a clove of garlic, 2 tablespoons light olive oil, 1 teaspoon red or white wine vinegar, and a dash of freshly ground black pepper. (No salt—the anchovies are salty enough.) Don't mash too long, it's best lumpy so that you've blended it into bits. Spread mixture on thin slices of French bread or rolls and set under broiler for about a minute.

At serving time:

Serve very hot. 2–3 servings.

WEST COAST AVOCADO-ARTICHOKE SPREAD

Here's what you do next time you arrive at your apartment just a few minutes ahead of the visiting firemen.

You will need:

artichoke hearts
French dressing
Tabasco Sauce
avocado
Triscuits

Set 1 can (about 1 cup) drained artichoke hearts for 20 minutes in 1 cup French dressing made spicy with a couple of dashes of Tabasco Sauce. Cut avocado in half lengthwise, remove pit, and mash pulp with a fork. Toss in the artichoke hearts (cut into bits) and add just enough French dressing to make the mixture spreadable.

At serving time:

Pile into a small bowl or use the avocado shells if they're pretty to look at. Supply spreaders and a plate of heated Triscuits.

Variation:

When you're really rushed, one of the best and easiest first courses is half of an avocado cut lengthwise. Remove pit; fill the cavity with highly seasoned French dressing. Serve on a green leaf and eat with a spoon.

BRANDIED AVOCADO SPREAD

You will need:

avocado
brandy
Melba toast

Mash avocado pulp with brandy, using 1 tablespoon brandy to each avocado.

At serving time:

Bring to the table in an attractive bowl with plenty of Melba toast to spread it on.

RED CAVIAR

Cousin to the fabulous beluga is red salmon caviar . . . much less expensive, tasty, and a beautiful adjunct to the

color as well as the eating scheme of a party, especially when you make a symphony of red and green.

You will need:

jar red caviar
cracked ice
parsley or other green
sour cream
chives or onions
pumpernickel or breadsticks

Mask a bowl of cracked ice with a wreath of parsley or other greens and set a jar of red caviar in the center. Close by have a bowl of sour cream and a saucer of chopped chives or onions.

At serving time:

Provide a number of butter spreaders and a plate of thick black pumpernickel or a bouquet of breadsticks or giant pretzels. Guests will spread their own caviar, topping with a bit of sour cream and chives.

CELERY ANGELS

You will need:

celery
thin-sliced ham

Crisp celery stalks in refrigerator, wrap in paper-thin slices of ham, and fasten with toothpicks.

At serving time:

Arrange stalks like spokes of a wheel on a platter with the leafy tops facing out.

STUFFED CELERY EPICURE

Many varieties of prepared cocktail spreads may be used for stuffing celery sticks. Even the usual cream cheese can be interestingly varied.

You will need:

celery
cocktail-spread cheese
sherry or brandy
parsley or chives

cream cheese
Roquefort or Bleu cheese or liver pâté
French dressing, or Worcestershire Sauce and garlic salt

Wash and dry pieces of celery. Scrape only if necessary. Leave a bit of the foliage if you can. Fill grooves with cocktail-spread cheese and sprinkle with chopped chives or parsley.

Or use for filling, equal parts Roquefort or Bleu cheese and cream cheese well blended and seasoned with a few drops of sherry.

Another excellent filling can be made from a tin of liver *pâté* blended with an equal quantity of cream cheese, seasoned with a few drops of brandy.

Cream cheese highly seasoned with a garlicky French dressing or just Worcestershire Sauce and garlic salt also makes a good filling. After filling cut into 2-inch pieces.

At serving time:

Arrange the celery on a plate or tray, or on top of crushed ice in a shallow bowl. Decorate the bowl with green leaves if you can get them, and garnish with radishes and/or black and green olives.

CHEESE IN THE SHELL

Time's a-wasting? Let each guest dive for his own tidbits with a cheese scoop or small but sturdy spoon.

You will need:

whole Pineapple or Gouda cheese
prepared mustard, both hot and mild
whole-wheat wafers or Swedish rye bread

Slice a shallow lid off the top of a whole cheese, being sure to save the lid. (After the party put the lid back on the cheese shell, wrap in waxed paper, and store in the not-too-cold section of the refrigerator.)

At serving time:

Set a jar of Bahamian Mustard nearby for the valiant, and a milder prepared mustard for the less venturesome.

Fill a small wicker basket with whole-wheat wafers or Swedish rye.

Hint:

When a cheese shell is cleaned out to the last bite, fill with canned macaroni and cheese, top with crumbs, and heat in a moderate oven, 350° F., for supper.

YALE LIEDERKRANZ SPECIAL

This rarity, one of our few native American cheeses, was the Midwest creation of a German immigrant. Apparently he got one redolent whiff of his own invention and burst into song *"Auf Wiedersehen"* or *"Schnitzelbank"* perhaps for the name he gave it means "Singing society" or, more literally, "wreath of songs." Prepared in the Yale manner, this creamy cheese might even be said to produce closer harmony on "Boola Boola" or the "Whiffenproof Song."

You will need:

Liederkranz
watercress
beer
pumpernickel

Mash 1 package Liederkranz cheese, rind and all, with a fork, adding 2 tablespoons chopped watercress and 1 tablespoon beer. This keeps well in the refrigerator in a *covered* jar.

At serving time:

Serve with thin slices of pumpernickel. 4 servings for nibblers or 2 for confirmed cheese fanciers.

FRESH ROASTED CHESTNUTS

In many large cities in the autumn and the cold winter months, you can buy roasted chestnuts on the street corners. Take them home and serve them to your guests or roast them yourself in either of these two ways.

You will need:

chestnuts
olive oil, salad oil, or peanut oil

With a sharp knife, cut an X on the top of the nut. Coat with oil, using only about 1 teaspoonful for each cup of nuts; bake in a very hot oven, 450° F., about 20 minutes. Or place in a heavy frying pan and shake over the fire about 10 minutes.

At serving time:

Provide paper napkins and plenty of ashtrays for the shells. Wonderful with any kind of wine, hot punch, or mulled wine.

CHOPPED CHICKEN LIVERS REUBEN

Reuben's is a famed New York eating spot for the theatrical crowd. One of their specialties is chopped chicken liver, bound to steal the show on your buffet table and easy to prepare.

You will need:

frozen chicken livers
butter or chicken fat
onion
chopped hard-cooked egg

Brown 2 packages frozen chicken livers in 2 tablespoons butter or chicken fat. As soon as all traces of red have disappeared from the liver, about 3 minutes, put it through a food grinder or chop along with one whole small onion. Season with salt, pepper, and add half as much butter or chicken fat as you have liver. Beat until smooth with a spoon and put in an earthenware crock. Top with 1 finely chopped hard-cooked egg.

At serving time:

Have on hand a plate of thinly sliced, unbuttered pumpernickel bread and you are all set for a beautiful time. 6–8 servings.

CHICKEN PÂTÉ MAISON

As an appetizer, first course, or salad accompaniment, you'll be sure to please with this delicious, subtly spiced *pâté*, topped with ruby-colored aspic delicately scented with rum. The rum brings out miraculously the flavor of the chicken and "marries" it with the seasonings.

You will need:

butter or margarine
canned chicken pâté
Jamaica rum
garlic
A-1 Sauce
cayenne pepper
consommé madrilène
parsley or chives
crackers or toast

Blend 4 tablespoons softened butter or margarine with 1 4½-ounce tin minced chicken *pâté*. Add 1 tablespoon Jamaica rum, ½ clove crushed garlic, 1 teaspoon A-1 Sauce, cayenne pepper, ¼ teaspoon salt. Mix and place in the shallow crock or bowl in which it will be served; smooth the top and set in refrigerator to chill. (In the freezing compartment chilling takes only a few minutes.) Meanwhile, add 1½ teaspoons Jamaica rum to ½ cup consommé madrilène. Cool but do not allow to set: pour over chilled *pâté* and put back in refrigerator until consommé jells. When consommé is used as is, the aspic is exceedingly delicate and the bowl of *pâté* should be set in ice for serving. (For a firmer aspic, dissolve 1½ teaspoons unflavored gelatin in ½ cup heated consommé; add to rest of consommé and cool.)

At serving time:

Sprinkle with chopped parsley or chives; serve with crackers or toast on the side. 6 servings.

PENNSYLVANIA-STYLE PINK PICKLED EGGS

These were always taken in glass jars to Sunday school picnics.

You will need:

eggs
bay leaf

beet juice
cider vinegar
powdered allspice
garlic

Hard-cook eggs, peel, and put in glass jar. Add juice from No. 2 can sliced beets, 1 cup cider vinegar, 2 bay leaf, ¼ teaspoon pepper, ¼ teaspoon powdered allspice, 1 teaspoon salt, 1 crushed garlic clove. Cover jar and allow to stand in refrigerator 24 hours.

At serving time:

Drain and serve.

GEFÜLLTE FISHBALLS

Gefüllte fish in jars is one of the newer arrivals on the supermarket shelves and well worth your attention.

You will need:

canned Gefüllte fish
beet horse-radish
toothpicks

Cut chilled fishballs in quarters and arrange on a platter with a toothpick in each piece.

At serving time:

Serve with beet horse radish (the horse-radish flavor remains predominant and the deep pink of the beet adds a spike of color). Have a peppermill handy for those who like this dish real peppery. 6 servings.

GLOUCESTER FISH CAKES

The great fishing fleets of sailing days attracted Portuguese fishermen to the New England coast. Hence, perhaps, the emphasis in fishing villages on codfish dishes and here, the presence of the olive. These miniature fish cakes with a tiny cocktail onion or a small stuffed olive in the center are different and delectable, particularly when they are French-fried.

You will need:

canned fish cake mixture
egg (optional)
cocktail onions or stuffed olives
salad oil or shortening
parsley or watercress
toothpicks

Follow the package directions on any one of a number of canned prepared fish cake mixtures, most of which require the addition of an egg. Blend the mixture around a cocktail onion or stuffed olive and form into balls or tiny patties. Heat shortening or salad oil at 370° F. in a regular frying pan. (If you have no fat thermometer, fat will be the right temperature when a 1-inch cube of bread golden-browns in 40 seconds.) Drop fish cakes into hot fat a few at a time; cook 50 to 60 seconds. Drain on paper towels. (Fat needs only to be deep enough to cover food completely.)

At serving time:

Serve, if possible, on a heat-proof plate garnished with clumps of parsley or watercress. Spear the fish cakes with toothpicks.

PIGS IN BLANKETS

You will need:

oven-ready biscuits
frankfurters

Use 1 package (10) oven-ready biscuits; wrap each biscuit around ½ frankfurter, secure with a toothpick. Fry in deep, hot fat (365°-375° F.) until golden brown, or bake in hot oven, 450° F., about 9 minutes.

At serving time:

Serve hot, either plain or with cheese sauce, made by heating canned Welsh rarebit. Makes 10 "pigs"

Variation:

In place of frankfurter, use a whole Vienna sausage.

CREAMED FRANKFURTER SLICES

Dogs hot and sharp! Here's an all-American favorite on dress parade.

You will need:

frankfurters
butter or margarine
canned cream of celery soup
milk
prepared mustard
buttered rye or
pumpernickel bread

Slice 8 frankfurters wafer thin and brown slowly in butter or margarine. Add 1 can condensed cream of celery soup, ½ soupcan milk, and 2 tablespoons mustard. Stir and simmer 10 minutes.

At serving time:

Serve torrid-hot. (This can be prepared ahead and reheated in a double boiler.) At the party it is dipped up by the guests spooned onto buttered squares of rye or pumpernickel. 8–10 servings.

FROSTED FRUIT COBBLER

Serve over crushed ice and decorated with bits of candied fruit or sprigs of fresh mint, a combination of canned fruit juices takes on new interest.

You will need:

grapefruit juice
orange, tangerine
or apricot juice
lime or lemon juice
ginger ale
coarsely crushed ice
candied fruit or
mint sprigs

Mix in a cocktail shaker 6 tablespoons grapefruit juice; 2 tablespoons orange, tangerine, or apricot juice; 1 tablespoon lemon or lime juice; ¾ cup ginger ale.

At serving time:

Place crushed ice into 4 champagne glasses or 6 cocktail glasses, pour in mixture, decorate with candied fruit or

sprigs of mint. Serve at once. The ice is eaten with a spoon, along with the juice, as a kind of frappé. 4-6 servings.

TROPICAL FRUIT TIDBITS WITH ENGLISH JUNKETS

Especially in summer, fruit tidbits make an admirable addition to the cocktail party . . . with a particular affinity for rum drinks.

You will need:

cottage cheese
sour cream
Jamaica rum
sugar
oranges
frozen pineapple chunks
fresh lime juice
mint leaves
powdered allspice
toothpicks

For junkets, combine 1 cup creamed cottage cheese, 1 cup sour cream, 2 tablespoons Jamaica rum, 2 tablespoons sugar, and mix thoroughly. Chill. Meanwhile heap a leaf-encircled platter with unpeeled orange chunks and frozen pineapple chunks. Sprinkle the fruit lightly with mixture of 1 part lime juice to 2 parts Jamaica rum, and with chopped mint leaves.

At serving time:

Sprinkle junkets lightly with powdered allspice. Provide plenty of toothpicks, so that tidbits may be dipped into the bowl of junkets.

BARBECUED MEAT BALLS

Meat balls, a perennial favorite from Hellgate to the Golden Gate Bridge, unite happily with a tangy sauce.

You will need:

garlic
olive or salad oil
red wine vinegar
bouillon cube or water
green pepper
chili powder
cumin seed
tomato juice

onion
canned meat balls
Tabasco Sauce or
cayenne pepper

Crush 2 cloves garlic with 1 teaspoon salt, add to ½ cup olive or salad oil, ½ cup red wine vinegar, ½ cup water or broth made with bouillon cube, ½ cup tomato juice, ¼ medium-size onion, finely chopped, ½ green pepper, finely chopped, ½ teaspoon chili powder, ½ teaspoon cumin seed, 2 or 3 drops Tabasco or a few grains cayenne pepper. Simmer for 15 minutes, using, if possible, the dish in which sauce will be served. Heat can of meat balls separately.

At serving time:

Serve sauce very hot, as a dip for the small meat balls. (If meat balls are largish, cut in half.) 6 servings.

COCKTAIL PIES

If you should visit Charlotte Amalie in the Virgin Islands, watch for these bite-sized meat pies. One of the joys of their cocktail parties, these pielets come sizzling hot and fragrant with garlic, thyme, and celery.

You will need:

frozen hamburger
onion
tomato
garlic
thyme
parsley
celery
butter
pie-crust mix
milk

To 1 pound almost-thawed hamburger add 1 small onion and 1 tomato, both minced, 1 clove crushed garlic, 1 teaspoon salt, ½ teaspoon pepper, 1 teaspoon fresh minced thyme (or ½ teaspoon dried thyme), 1 tablespoon minced parsley and celery. Melt 2 tablespoons butter in a skillet, add meat mixture, and cook slowly over low flame till every tinge of red has disappeared. Cool. Meanwhile make up 1 package pie crust mix according to directions.

For miniature pies, line small muffin tins with pastry, fill with meat mixture, and top with pastry lid, brush with

milk and bake 8 to 10 minutes in a moderate oven, 375° F. (If you have no muffin tins, cut circles with a cookie cutter or glass; put meat on 1 circle, then cover with another circle, press edges together with fork tines, and proceed as above. Or cut pastry squares with a knife, using 2 squares for each pie; or use 1 with a smaller quantity of meat and fold over into triangle.)

At serving time:

Serve hot. These are good not only as appetizers but with vegetable soup or a tossed salad. Makes up to 20 pies, depending on size.

VIRGIN ISLANDS MELON BALLS IN RUM

A dinner invitation to the home of Marie Moore, wife of Federal Judge Herman Moore of the Virgin Islands, is a thing to be coveted—and remembered. This fruit cup was the starter of her party.

You will need:

papaya, cantaloupe, or honeydew melon
lime juice
sugar
white rum

Dampen the rims of 4 champagne glasses and dip them into powdered sugar. (It's a lovely trick, this frosting of the glass.) Place papaya or melon balls (see page 108) in the champagne glasses and cover with a mixture made of 2 tablespoons fresh lime juice, 1 tablespoon sugar, and 2 tablespoons white rum.

At serving time:

Serve immediately, for appearance as well as flavor. 4 servings.

NEW ORLEANS MUSHROOM APPETIZER

Upon those occasions when you step into the house with guests in tow, this delicacy will serve you all very well. You'll recognize the French flavor.

You will need:

olive oil
canned button mushrooms
garlic
shallots
parsley
lemon juice
toothpicks
French bread

Heat 2 tablespoons olive oil in chafing dish. When it is hot, add 2 4 ounce cans drained button mushrooms and simmer gently 7 or 8 minutes. Add 1 or 2 small cloves garlic and 1 or 2 shallots, both finely minced or put through garlic press. Season with salt and freshly ground black pepper. When the oil is quite clear, the mushrooms are ready to serve.

At serving time:

Add fresh, chopped parsley and a few drops lemon juice. Provide toothpicks for spearing and bits of crusty French bread to hold the mushrooms dripping with sauce.

OYSTER COCKTAIL

Now that the United States Fisheries Laboratory has discovered a workless way to open an oyster, you can come forth with this kingly first course at your first dinner party.

You will need:

oysters
sparkling water
chopped ice
lemon
cocktail sauce
Oysterettes

Wash oysters thoroughly and give them a 5-minute bath in sparkling water. They become intoxicated and so relaxed even a novice can open them with ease. In each soup plate lay ½ dozen open oysters on a bed of chopped ice and provide a section of lemon and a tiny cup of cocktail sauce for each guest. Decorate with leaves.

At serving time:

Serve immediately and pass the Oysterettes.

Variation:

Fresh Clam Cocktail. A clam cocktail is put together exactly like an oyster cocktail. Ask for cocktail clams: cherrystones or little necks, otherwise you may end up with "chowder" clams.

HOME-MADE POPCORN

Something new to serve with cocktails is something very old indeed fragrant, hot, buttery popcorn, made right in front of the guests.

You will need:

canned popping corn
butter

Special corn-popping equipment of the electrical variety is nice to have, but not really necessary. Corn may be popped in a wire basket over an open fire or even in a large heavy kettle with a tight-fitting cover. Put ½ cup popcorn into a popper. Shake over a low heat until kernels begin to pop. Shake *rapidly* to avoid burning until popping stops, and remove from fire. Melt 3 tablespoons butter in a large saucepan, add popped corn, and stir until thoroughly coated Sprinkle liberally with salt. This amount makes 6 cups when popped.

At serving time:

Provide plenty of paper napkins and be prepared to repeat the process.

Note. A bag of commercially popped corn may be given a home-popped flavor if it is heated in the oven and then freshly buttered and salted as above.

POTATO CHIP SNACKS

Potato chips have a definite affinity for all kinds of cheese spreads.

You will need:

potato chips
deviled ham spread
cream cheese

Mix together 2 tablespoons of deviled ham spread with 1 small package cream cheese in a small bowl.

At serving time:

Set your cheese spread and spreaders within sight of the guests, provide potato chips in a separate bowl, and let appetite take its course.

RADISH AND CUCUMBER CANAPÉS

This tidbit created a near-riot when it was served to a group of gourmets—which only helps to emphasize that fine foods are not necessarily synonymous with "fancy" foods.

You will need:

radishes
cucumbers
butter
pumpernickel

Slice cold, crisp radishes and cucumbers paper thin and lay atop thin, well-buttered slices of pumpernickel. Top with freshly ground black pepper.

At serving time:

Serve promptly to be sure of a crunchy springlike canapé.

VIRGINIA SARDINE SAVOURIES

Now we call them "deviled Norway sardines"—but a good many generations ago in Virginia and Maryland they were served, much to the great Escoffier's disgust, at the tail end of the dinner and were known simply as "sardine savouries."

You will need:

canned Norway sardines
dry mustard
bread crumbs
salad oil

Drain oil from a 3¾-ounce tin Norway sardines and add to the oil just enough dry mustard to make a paste. Spread paste on each sardine. Roll sardines in bread crumbs and deep-fat fry in hot salad oil until golden brown. Drain on paper towel.

At serving time:

Serve hot as finger food for cocktails. Or serve at lunch or supper with boiled potatoes, sliced cucumbers and sour cream, and cole slaw or sliced chive-sprinkled tomatoes. 4 servings.

SHRIMP COCKTAIL IN SCALLOP SHELLS

Scallop shells come packaged to make a pretty background for all kinds of shellfish.

You will need:

frozen cooked shrimp
curry powder
mayonnaise
cucumber

Defrost 1 package frozen cooked shrimp. Mix 1 cup mayonnaise with 1 teaspoon curry powder and a ½ finely grated cucumber for cocktail sauce.

At serving time:

Arrange cold shrimp on scallop shells and top with this piquant sauce. 4 servings.

Variation:

Shrimp with Cajun Hot Sauce. Blend ½ teaspoon dry mustard with 1 teaspoon mayonnaise. Add 1 cup mayonnaise, ½ cup chili sauce, 2 tablespoons tarragon vinegar, ½ teaspoon paprika, ½ teaspoon celery seed, 6 drops Tabasco, and 1 clove garlic, chopped fine. Stir, then set in the refrigerator to

blend thoroughly for a few hours. Serve cold with hot or cold cooked shrimp.

GREAT LAKES STURGEON

Our five great inland seas, dubbed collectively the Great Lakes, yield a generous harvest each year of such delicacies as sturgeon and whitefish for smoking.

You will need:

smoked fish
dry white wine
chicken broth
horse-radish
heavy cream

Add ½ cup dry white wine to 1 can undiluted, condensed clear chicken broth. Pour about ¼ inch deep into a large, shallow pan or platter, chill, and break with a fork into tiny bits.

At serving time:

Serve the aspic as a little hedge around the smoked fish. Pass separately horse-radish sauce made by adding 3 tablespoons bottled horse-radish to ½ cup heavy cream, whipped stiff. Season to taste with salt and pepper.

TOMATO–CLAM JUICE COCKTAIL

Because this cocktail is shaken with ice in a cocktail shaker, you'll probably serve it often to the nondrinkers among your guests who dearly love to sip right along with the others. It's a good first course, too, served either in the living room or at the table.

You *will need:*

bottled clam, celery or sauerkraut juice
canned or quick-frozen tomato juice
lemon or lime juice
Tabasco Sauce
celery salt
crushed ice
slices of lemon or lime
short straws (optional)

Combine equal parts clam juice (celery or sauerkraut juice) and tomato juice and season to taste with lemon or lime juice, Tabasco Sauce, and celery salt.

At serving time:

Pour over crushed ice in cocktail glasses, garnish with lemon or lime slices, and serve with short straws made by cutting ordinary straws in half. (If this is the week you're leading the simple life, just chill the seasoned juices well and serve in fruit-juice glasses.)

is for Bread and Butter. Be imaginative! Hot rolls and muffins taste twice as good, so heat them in the oven or in the top of a double boiler, or get one of those convenient spun-aluminum muffin warmers which you use on top of the stove and can also bring to the table. Useful, versatile, and most convenient because they can be kept in the home freezer for months, in the refrigerator for weeks, or on the shelf for several days. "Brown n'-serve" is a patented process available to the whole baking industry—so choose the one you like best.

BEVERAGES 'ROUND THE CLOCK

A good cup of coffee is so easy to make that you wonder why it is so hard to find. Keep these simple thoughts in mind and you can't fail:

Be fussy about the brand you buy. There is a world of difference.

Be sure you have the right grind for your type of coffee-making equipment.

Keep coffee in tightly closed jar in refrigerator.

Measure exactly.

Use fresh cold water water from the hot-water faucet and water that has been boiled a long time gives a flat, unpleasant taste.

Serve coffee at once. If you must keep it hot for some time, place the pot in a pan of hot water or over very low heat on an asbestos pad.

Never let coffee boil.

Make as much coffee as your coffee-maker makes . . . don't attempt to make 2 cups in a 6-cup pot.

Keep coffee-making equipment clean. Wash thoroughly and rinse in clear hot water. Scald the coffee-maker before using.

To reheat coffee: set the coffee-maker (except electric ones)

in a pan of cold water. Let the water come to a boil and your coffee will be hot and unspoiled.

For each serving of coffee use ¾ *standard measuring cup* of water and 2 *flat* tablespoons coffee.

Percolated Coffee. Pour water into percolator and bring to a boil: remove from heat, put the percolator-ground coffee into the basket and the basket into the percolator. Place over low flame and allow to percolate *slowly* for 6 minutes or until coffee is amber brown in color; serve.

Saucepan Coffee. When confronted with a mob scene, don't go to pieces. Instant coffee is one answer to your problem—here's another.

Measure water and coffee into any good sized pot or kettle and heat till mixture begins to swell into a boil, stirring occasionally but don't let coffee really boil for an instant! As soon as it begins to rise, take it from the stove, toss in ¼ cup cold water, cover with a lid or plate. Let it stand for a few minutes then pour through a strainer into a warm coffee pot or directly into cups.

This primitive method makes delicious coffee—clear, strong, and flavorful.

Filtered Coffee. Put fresh cold water into lower part of Silex. Put filter into the upper bowl and add Silex-ground coffee. With a slight twist of the wrist, insert upper bowl so that base is tightly sealed. Set over heat; when the water has boiled and risen into the upper bowl, stir it. Remove from heat and allow coffee to return to the lower bowl of its own free will. For a stronger brew, repeat the process, remove the top and serve.

Wash the cloth filter in cold water immediately after using and keep it soaking in cold water until used again. Never wash filter with soap, unless you like soap-flavored coffee.

Drip Coffee. Rinse pot with hot water. Measure drip-ground coffee into the filter section, pour freshly boiling water into the upper section and let drip. Stir. If coffee is not served immediately, place the pot over low heat, using an asbestos pad. Don't let the coffee boil.

If your drip-style coffee-maker requires a cloth filter, wash it immediately in cold water and keep it in a glass of cold water until you use it again.

Steeped Coffee. This is a good method when you don't have an extra burner easy, too. Preheat pot by rinsing it with hot water. Measure regular or percolator-ground coffee into pot with fresh boiling water. Stir for a minute. Let stand for 5 to 10 minutes in a warm place, covered. Pour coffee off grounds through a strainer and serve.

Creole Café au Lait. Although usually associated with the bayou country, coffee with hot milk is equally popular in roadside diners catering to truck drivers and in the diner's city cousin, the quick lunch place patronized by construction workers — you see, it's the world's best for dunking!

Heat 2 cups strong black coffee with 3 cups milk until *almost* boiling. Serve at once, with the sugar bowl handy, with coffee cake or Danish pastry.

Afternoon Coffee. Make your coffee double-strength and serve in demitasse cups which have been rinsed in hot water.

Garnish with a leaf or tiny sprig of fresh mint. Or add ½ teaspoon bottled caramel syrup for each 2 measuring cups double-strength coffee.

Here's a Tyrolean touch: pass a bowl of slightly sweetened whipped cream flecked with the merest dash of powdered mace, sweetened whipped cream with a few drops vanilla extract; or unsweetened whipped cream with a touch of brandy, *crème de cacao*, or other liqueur.

For demitasse Italian style, serve in a glass with a twist of lemon peel. A silver spoon in the glass keeps it from breaking when you pour.

Iced Coffee. The quickest and most dependable way: make double-strength coffee and pour into tall glass filled with ice.

Serve with cream and powdered sugar flecked with nutmeg; with sweetened whipped cream, or with ice cream. For an extra-special cooler, add a jigger of rum to each glass before topping with any of the above and serve with a cinnamon stick for stirring.

Instant Iced Coffee. Use a quick frozen coffee concentrate or dissolve instant coffee in a very little hot water. Fill glass with ice cubes and cold water.

TEA

The brewing of a perfect cup of tea requires so little time and effort that it should be a household stand-by. Why not keep on hand a collection of delicious teas, not just one kind but several different varieties each for its own occasion. Even the finest teas are an inexpensive luxury.

Good tea may be made with even a tea bag, *if* the brewing is done correctly and the tea itself is of excellent quality.

Always make tea in a teapot, preferably one of china, pottery, or pyrex. Never, never, never place a tea bag in a cup of fairly hot water as is done in so many restaurants even very good ones.

Always preheat the teapot by rinsing it with a little hot water.

Place in the teapot ½ to 1 teaspoon tea or 1 tea bag and 1 measuring cup fresh furiously boiling water Cover and let stand in a warm place 3 minutes. Bring the teapot to the table along with a pot or pitcher of boiling water. Pour into each cup as much tea as is desired, using a strainer or not as preferred. Add additional hot water to suit the taste. Pass sugar and cream or milk and/or thinly sliced lemon, lime, or orange. Each slice may be spiked with 2 or 3 cloves if desired.

Jamaica Tea. At the great houses in Jamaica, B.W.I., there is always a large cemented terrace for the drying of pimento berries, which in this country are known as allspice berries. Often 5 or 6 allspice berries are added to a pot of tea while it is brewing. This allspiced tea is delicious either hot or iced.

Green Tea. Green tea is made from unfermented tea leaves and comes principally from China and Japan. Some experts insist that this tea is most delicate when the water is not allowed to come to a furious boil but is used just before it starts to boil. Usually such tea is served here with neither cream, sugar, nor other accompaniments to disguise the subtle flavor. If you like, however, you might try a thin slice of lime or a twist of lime peel.

Jasmine Tea Very delicate and delightful are these China teas to which the dried blossoms of jasmine flowers are

added. Such teas are brewed like any other green tea, but they should not be strained because the flowers among the tea leaves expand in the hot water and are most attractive floating in the cup. Jasmine tea has a delicate flowery fragrance, is generally served clear.

New England Rum Tea. When you gather round the open fire after skiing, pass a decanter of rum with the tea, so that each can add rum to his own taste.

Iced Tea. Was iced tea "discovered" at the St. Louis Exposition of 1904? According to Wallace Yee Hong, it has been known and served in China since the days of Confucius. Of one thing we're sure: iced Chinese teas offer a delectable change both to the eye and the palate. Green oolong makes an excellent champagne-pale tea; serve with lime slices. The less-known red teas of China, Lichee and Kee-Mon, are very fine. Whether exotic or orange-pekoe, iced tea will be refreshing and delightful if you start with furiously boiling water, measure your tea, and time the steeping.

An old-time method for making iced tea quickly and easily is now being promoted as the "new, easy way." It requires less ice, less equipment, and is ideal for serving large groups. For 2 quarts, bring 1 quart fresh cold water to a full, rolling boil in an open saucepan (use pyrex if you have one—but metal won't hurt). Remove from heat and add immediately 6 tablespoons tea (3 tea bags equal 1 tablespoon). Brew 3 to 5 minutes, depending on strength desired, and strain into pitcher containing 1 quart cold water. Put 2 ice cubes in each glass and pour.

Here are some regional touches to vary the flavor and garnishes:

Alabama. Add 1 teaspoon each ginger and cinnamon during brewing period.

Hollywood. Add ½ cup lime juice, 2 tablespoons maraschino cherry juice, cane or beet sugar to taste. Garnish with lime wedge.

Kentucky. Garnish each glass with mint and lemon wedge; serve with powdered sugar (it dissolves more readily than granulated sugar).

New York. Mix 2 quarts iced tea and ½ pint ginger ale. Garnish with lemon slice and maraschino cherry.

Southwest. Add ½ cup lemon juice, ½ cup orange juice, ½ cup pineapple juice, 1 tablespoon of grated orange rind, and 1 tablespoon of grated lemon rind. Cane or beet sugar to taste.

Vermont. Add ¼ cup Vermont maple-blended syrup. Garnish with lemon wedge.

Instant Iced Tea Soluble powdered tea, now nationally distributed, is particularly convenient for making iced tea. For individual servings, place 1 more or less rounded teaspoon, according to strength desired, in tall glass. Add 1 inch of boiling water and stir until dissolved. Partly fill glass with cold water, add ice and garnish For a dinner party prepare in a pitcher, using 6 teaspoons instant tea, 1 cup hot water, 3 cups cold water, and ice cubes.

A bottled tea concentrate which is already sweetened is also available; you need add only ice water and lemon or lime. Try using 1 tablespoon each tea concentrate and lemonade concentrate, for the ultimate in workless refreshment. One word of warning: be sure that those you are serving *all* like their tea sweetened.

Frothed Chocolate. Heat 2 squares of unsweetened chocolate with 2 cups milk till the mixture is velvety smooth. Keep stirring as you add 2 tablespoons sugar. Bring just to the bubbling point. Take your trusty egg beater in hand and whip You'll be amazed how frothy the chocolate will be—and how delicious! For a different flavor add vanilla or peppermint.

Variation:

Creole Chocolate. Add a dash of cinnamon or use a cinnamon stick as stirrer.

Viennese Chocolate. Top with sweetened whipped cream.

Frosted Mocha. One of the most delicious summertime drinks imaginable is put together from ready-to-serve products and requires no cooking whatsoever.

To make 4 frosted mochas, place 5 tablespoons chocolate syrup in a bowl or cocktail shaker along with 3 teaspoons quick-frozen coffee concentrate and 1½ cups milk. Beat with

a rotary egg beater or shake in a cocktail shaker. Pour over ice cubes into tall glasses, top each with a spoonful of vanilla ice cream or ready-whipped cream, or pour in a jigger of rum and stir with a long-handled spoon. Sprinkle with a few gratings of nutmeg or a dash of cinnamon.

KEEP IN GOOD SPIRITS

Simple Sugar Syrup. Most bartenders sweeten cold drinks, punches, and such with so-called simple syrup. It couldn't be simpler: just heat a cup of sugar in a cup of water until sugar is completely dissolved. If you're lazy, use a bottled sugar syrup.

The Daiquiri. When the thermometer soars and shirt collars wilt, the daiquiri will put a little starch back in your spirits.

Into a cocktail shaker put 2 jiggers light rum, 2 tablespoons lime or lemon juice, and 2 teaspoons powdered sugar (or 2 teaspoons limeade or lemonade concentrate, in place of juice and sugar), and cracked ice. Shake well and strain into 2 chilled cocktail glasses. As refreshing to the taste as to the eye.

Variation:

The Bacardi. This cocktail is simply a daiquiri made with Bacardi rum.

Ramos Original Gin Fizz. In Mr. Ramos' own words, "If success does not attend your first effort, a second should be tried." As prepared back home in New Orleans, this world-famous drink called for the services of a strong and patient bartender, to shake and shake and shake until there was not a bubble left and the drink was smooth, snowy white, and of the consistency of "good, rich milk." Our advice to sedentary folk: use a blender.

Place in blender 1 tablespoon powdered sugar, 3 or 4 drops orange flower water (you can substitute 1 teaspoon concentrated quick frozen orange juice), 1 tablespoon lime juice, 1 jigger Old Tom sweet gin, white of 1 egg, ½ glass crushed ice, 2 tablespoons cream or rich milk, and 2 table-

spoons sparkling water. Mix in blender 20 seconds, strain, and serve. If you use limeade concentrate in place of lime juice, reduce measure to 1 teaspoon and omit sugar. For a Ramos Gin Fizz, Adapted, use any good gin for Old Tom sweet gin.

The Martini While it is not possible to forsee any eventual agreement on the making of Martinis, here are the needfuls.

1 part of dry (French) vermouth and 4 to 5 parts of the best possible gin. Stir well in a bar glass or Martini pitcher, with large cubes of ice, and pour immediately into chilled cocktail glasses. Each type of garnish has its partisans the lemon peel, the whole olive with its pit, the stuffed olive, or the Gibson's onion.

There are some who insist that no matter what you use, you must always, always, cause merging of the flavors by twisting a thin ribbon of lemon peel over the cocktail and in this wise spraying the mixture with the delicate zest of lemon oil; and there are those who swear that a dash of orange, lemon, or Angostura Bitters does the trick.

In some quarters gentlemen—and ladies, too—appear to prefer a blonde—the blonde, of course, being a Martini made with Dubonnet Blonde: a dry and mellow Martini.

Manhattan's Manhattan. No more immune from controversy than the Martini is the Manhattan. But once again we brave the wails, insisting that the most excellent of dry Manhattans is achieved so:

1 part sweet (Italian) vermouth or Dubonnet Blonde, 2 to 3 parts rye, bourbon, or Canadian whisky, 1 dash Angostura Bitters. Stir well in a bar glass or pitcher with large cubes of ice, pour into chilled cocktail glasses, and add to each glass a maraschino cherry, preferably one with the stem attached—or, for the Continental touch, use a hazelnut.

The Old-fashioned. Truly the Old-fashioned is a magnificent cocktail, say those who should know. But, we are warned, water, plain or charged, has no place in it.

Place 1 teaspoonful of sugar syrup in an Old-fashioned glass, or use 1 small lump or a ½ regular lump of sugar, muddling the sugar with a very small amount of water. Add 1 to 3 dashes of Angostura Bitters. Stir in a little whisky to absorb syrup and bitters, add 3 to 4 ice cubes, and fill the glass with whisky to about a ½ inch from the top. Decorate

with a maraschino cherry and a twist of lemon or sliver of orange peel.

The liquor, by the way, need not always be rye whisky but may also be bourbon, scotch, rum, applejack, brandy, or cognac. Old-fashioneds may be made more swiftly and easily by the use of prepared orange slices, glazed and subtly flavored, requiring only the addition of ice and liquor.

Sazerac. This is really an Old-fashioned made with rye whisky which uses absinthe or the milder Pernod in place of Angostura Bitters . . . a famous New Orleans specialty.

Tom Collins. A popular long drink. Pour 2 jiggers gin into a tall iced-tea or Collins glass. Add 1 tablespoon quick-frozen lemonade or limeade concentrate, several ice cubes, fill with sparkling water, and stir well. Garnish with lemon or lime slices or sprig of mint. There are also several good Collins mixes; with these, measure gin, add mix and ice, and stir.

Rum Collins. A popular variant. Use rum in place of gin and decorate with orange slices and fresh or canned pineapple sticks.

Highballs. The ever-popular whisky and soda which many prefer to the more elaborate mixed drinks. Put 2 cubes of ice into a highball glass, measure, and add 1 jigger of liquor. Then:

With *scotch:* pour sparkling or plain water until your guest says "when."

With *rye:* sparkling water or ginger ale, as above.

With *bourbon:* sparkling water or plain you give it that "Kentucky Colonel" flavor by referring to plain as branch water.

With *rum:* cola—popularly known as Cuba Libre. Garnish with slice of lemon or lime.

On-the-rocks. This happy compromise was popularized by folks who consider a straight "shot" a bit too rugged but feel that soda or water dilutes the drink too much. Just pour a jigger of liquor over 2 ice cubes in an Old-fashioned glass and serve.

SOME AMERICAN LIQUEURS

Blackberry Liqueur. The best of this cordial has a fine, full flavor of fresh blackberries. Many brands are made with a small percentage of red wine. This is one of our better American-made liqueurs — a delight over fresh blackberries or over well-drained and chilled canned or quick-frozen loganberries or youngberries.

Forbidden Fruit. This is one of our very few truly American liqueurs, not quite orangelike in flavor. It is made of a citrus fruit related to the grapefruit, called the shaddock. Some people say the liqueur has a taste somewhere between benedictine and curaçao; some say it's like Grand Marnier. Highly alcoholic despite its smooth and subtle flavor, it can be warmed slightly and used for flavoring a pudding or *crêpes.*

Rock and Rye. The purist would say that this is not, strictly speaking, a liqueur. But it is a fine thing to serve right out of the bottle, or in a hot lemonade, especially if one "feels a cold coming on." Mostly it consists of rye whisky, to which are added a little fruit flavoring and a sweetening of old-fashioned rock-candy crystals. Offer this sturdy American beverage to a group not too dreadfully youthful, and 10 to 1 the cordial glories of France will pass unheeded.

Southern Comfort. Even the belles of the Old South are said to have taken comfort in this fine old dizzying potion, though it is scarcely what one might consider a lady's drink, being 100-proof. The base is bourbon, and there is a distinctive flavoring in which the taste of peaches is apparent. Since its alcoholic content is so high, Southern Comfort blazes beautifully and imparts a fine flavor to a Christmas pudding.

WINE

California produces more than 90 per cent of the wine made in this country, and the best of its output—the wines in which we can take pride—is grown in a single small undulating area around San Francisco Bay. The names of these

wine-blessed hillsides and valleys are gradually becoming well known in the United States and Europe, too. Instead of talking always about the wine districts of France, we can now speak proudly of our own Napa, Sonoma, Livermore, and Santa Clara.

Although I recognize the fact that wine choosing is as individual and as personal as romance, I dare to append here my own list of favorite American red, white, and rosé wines. I have tasted them and like them, and hope you will, too.

RED WINE

Beaulieu Vineyard
Georges de Latour
Private Reserve Cabernet
Valliant Burgundy
Inglenook Red Pinot
Native Soil Claret
Château Lejon Red
Inglenook Cabernet
Martini Chianti
Cresta Blanca Claret
Beaulieu Burgundy
Wente Bros. Mourestel
Martini Cabernet Sauvignon
Fountain Grove Cabernet
Fountain Grove Pinot Noir
Martini Pinot Noir
Martini Special Reserve Cabernet

ROSÉ WINE

Inglenook Navelle Rosé
Martini Gamay Rosé
Almaden Grenache Rosé
Beaulieu Beaurosé
Wente Bros. Livermore Rosé
Los Amigos Rosé

WHITE WINE

Inglenook Traminer
Valliant Sauternes
Château Lejon White
Martini Mt. Sylvaner
Christian Bros. Sauternes
Beaulieu Dry Sauternes
Fountain Grove Chablis
Wente Bros Folle Blanche
Native Soil Delaware
Native Soil Elvira
Ohio "Sweet Valley" Dry
Los Amigos Sauvignon
Martini White Pinot
Wente Bros. Pinot Blanc
Wente Bros. Pinot Chardonnay

Fountain Grove Riesling Paul Masson Pinot
Wente Bros. Sauvignon Blanc Blanc Vrai
Native Soil Chablis

And we do have other wines as well, some fine Eastern vintages which, unlike those of California, are made from grapes whose ancestors in large part were the wild vines that draped our pristine forests. The best of these Eastern wines, are white wines, pale in color. Connoisseurs refer to them as "clean . . . light . . . fresh, with a woodland tang." Like the Rhine and Moselle wines, which they slightly resemble, they are wonderful with oysters and other sea foods, with chicken, omelets, and cheese soufflés.

Several such wines grown on the steep hillsides that form the shores of Lake Canandaigua have been bottled under the Widmer label. Much commended are the Widmer very dry Lake Delaware; the distinctive pale, dry Widmer Lake Elvira, and the Lake Niagara, which is a little sweet but not too sweet—rather like a good Barsac.

There are also champagnes from New York's Finger Lake region, notably Taylor's and Great Western.

Bride's Champagne Bowl. In primitive times the groom kidnaped the bride and was later required to pay her father in land, cattle, or horses. Our Colonial ancestors gave this "kidnaping" a different twist, in which the guests captured the bride and required the groom to ransom her—usually by treating one and all to punch at the local tavern. Today, however, it seems to be the father of the bride who pays and and pays and pays. Here is a delightful way to toast the bride . . . and make a little champagne go a long way.

Combine in a punch bowl 1 can lemonade concentrate, 1 package each frozen pineapple chunks and raspberries, 1 cup strong tea, 1 pint each domestic champagne and Riesling wine, 1 pint sparkling water, and a block of ice Serve. For extra drama you can withhold the champagne until the punch bowl is in place, then pop the cork and add. Makes 20 glasses.

Passionate Purple. From the populous patios of California comes this tall, cool drink, made by pouring grape juice into large glasses filled almost to the top with ice, allowing room for as much soda as desired.

When innocent of liquor, this drink is known perversely as the "Passionate Purple," the addition of a jigger or two of rum makes it merely "Purple." The names are confusing, but the drink is refreshing.

Wine and Soda. Use a wineglassful of red, white, or rosé table wine, add soda, and call it *Spritzer*—that's the German name.

VERMONT SKI BALL

You will need:

sweet cider or bottled apple juice
whole cloves
cinnamon
orange
lemon

Put into saucepan and heat thoroughly 4 cups sweet cider or bottled apple juice, 8 whole cloves, 1 teaspoon cinnamon, 1 sliced orange, 1 sliced lemon

At serving time:

Serve piping. 4 servings.

GLEE WINE

In St. Louis in the olden days of Germanic tradition there was served all through the winter holidays, and particularly on Twelfth Night, a hot and spicy wine whose Missouri name was "Glee" or, as some recipes call it, perhaps because of its effect, "Glow wine."

You will need:

claret or other red table wine
sugar
cloves
stick cinnamon
lemon and/or orange
lump sugar
brandy

Pour a bottle of claret or other red table wine into a heavy saucepan, along with ¼ cup sugar, 6 cloves, a stick of cinnamon, and the peel of a lemon sliced thin

and cut into slivers. Cover, and bring almost, but not quite, to a boil.

At serving time:

Ladle hot into heated mugs, garnish with slices of lemon or orange, and—for great flair flare the Glee. Rest on the rim of the mug a teaspoon which has been warmed in the hot liquid; place on the spoon a lump of sugar and pour over that a little of your very best brandy, warmed. Set afire and carry a dramatic tray of blazing Glees into a darkened room.

ANNIVERSARY BOWL

(Punch with Frozen Fantasy)

Since time immemorial the great glass or frosty silver punch bowl, wreathed with leaves and bedecked with flowers, has been the belle of parties. A true punch except, of course, for the traditional Planter's Punch, which is made in a glass requires a large bowl with a large chunk of ice in the center, which even in this day of ice cubes is not difficult to obtain from one of the many obliging ice-and-wood companies listed in your classified telephone book. Those of you blessed with frozen food cabinets or compartments can freeze your own chunks, and while you are about it, why not freeze into the heart of the ice flowers, leaves, or even a perfect, whole pineapple?

You will need:

quick-frozen sweetened pineapple chunks
bourbon or rye
large chunk of ice
champagne or Rhine or Moselle and/or soda water

Place the contents of 2 packages of quick-frozen, sweetened pineapple chunks in the punch bowl, cover with bourbon or rye, and let stand for at least an hour. Place the chunk of ice in the center of the bowl and, as *The Gentleman's Companion* instructs, "over this pour slowly, bottle by bottle, scads, shoals, and lashings of chilled dry champagne to the number of 3 or 4 . . ."

More prosaically, you may use ½ champagne and ½ soda, or 2/3 Rhine or Moselle and ⅓ soda.

FRUITED GROTTO WINE

Red wine is too often neglected in summer's long and languid days. This fruited wine pitcher has a special summertime appeal—a specialty of Little Italy.

You will need:

ice cubes or crushed ice
pears
apples
Chianti wine

Fill a large pitcher half full of ice cubes or coarsely crushed ice. Top the ice with unpeeled, thinly sliced juicy pears and apples, using 1 large pear and 1 apple to 1 quart of Chianti wine. The fruit takes the puckery edge off the red wine.

At serving time:

Wonderful with any number of Italian foods such as ravioli, which comes both quick-frozen and canned.

CONNECTICUT MILK PUNCH

At football house parties in New Haven they serve a very simple and delicious milk punch.

You will need:

ice
rye, scotch, rum, or brandy
sugar
milk
cinnamon or nutmeg

Put plenty of ice in a highball glass, add 1 jigger of rye, scotch, rum, or brandy and a tablespoon of sugar. Fill the glass with milk, stir well, and shake a bit of cinnamon or nutmeg over the top.

CALIFORNIA WHITE PORT PUNCH

Not at all head-whirling but cool and comforting is this drink. For 2 tall glasses . . .

You will need:

honey
lemon juice
California white port
orange juice
crushed ice or ice cubes

Add 1 tablespoon honey to 2 tablespoons lemon juice and stir till dissolved; then add 1 cup each of wine and orange juice. Serve over heaps of crushed ice or ice cubes.

At serving time:

Sip long and lovingly on a hot day.

SHERRY PUNCH

(from Ann Arundel County, Maryland)

You will need:

sweet cider or apple juice
dry sherry
lemonade concentrate
grated nutmeg
cucumber rind
brandy (optional)

To 2 quarts sweet cider or apple juice add 2 cups dry California sherry, 1 4-ounce tin lemonade concentrate, ½ teaspoon grated nutmeg, and thin slices cucumber rind. The latter gives the connoisseur flavor and look. Mix well. Set in the icebox to chill.

At serving time:

The older set might like to add 1 cup of brandy; the young fry can forget we mentioned it. About 24 servings.

Ice Cubes Beautified. Put into each cubicle of the ice-cube tray a maraschino or *crème de menthe* cherry, a couple of

perfect mint leaves, a violet, nasturtium, or rosebud. Fill with water, freeze, and use to garnish a party punch.

PACIFIC PUNCH

You will need:

lemons
orange
sugar
water
canned pineapple juice
canned orange and grapefruit juice
carbonated water
ice cubes or block of ice

Slice 2 lemons and ½ orange. Add ¼ cup sugar and 1 cup water. Mash with potato masher while bringing to a boil. Cool. Strain and add 1 No. 2 can pineapple juice, 1 No. 2 can blended orange and grapefruit juice, and 1 pint carbonated water.

At serving time:

Add ice cubes and garnish with slices of other ½ orange. Makes 2 quarts.

TOM AND JERRY

If you are blessed with a real Tom and Jerry set, gold-lettered on shining white, that's wonderful. But if not, don't fret. Any pretty bowl will do—use coffee cups or glasses instead of mugs. Making Tom and Jerry is a two-part proposition.

You will need:

eggs
Jamaica rum
ground cinnamon
ground cloves
allspice
sugar
baking soda or cream of tartar
rum or brandy
nutmeg

Well ahead of time beat the whites of a dozen eggs stiff, and the yolks, separately, until they're a pale, pale daffodil color. Combine whites and yolks in the

bowl and add 2 tablespoons rum, 1 teaspoon ground cinnamon, ½ teaspoon ground cloves, and ¼ teaspoon allspice. Stir. Then slowly add ½ cup sugar. A dash of baking soda or cream of tartar will prevent the sugar from settling at the bottom.

At serving time:

Pour 1 tablespoon of the frothy egg mixture into each mug. Add 3 tablespoons of rum or brandy. Fill glasses with hot water. Add a slight sprinkle of nutmeg. And a Merry, Merry Christmas to you all!

NEW ENGLAND BUTTERED RUM

Because it's economical, easy to manage, warming, and cheering, hot buttered rum makes a perfect drink for a winter's day.

You will need:

sugar (powdered preferred)
dark rum
butter
nutmeg, cinnamon, or allspice

Put a teaspoon of sugar into a warmed glass or mug, and dissolve with 1 teaspoon hot water. Add 1 jigger of dark rum. Butter goes in right here, "enough to cover a thumbnail," as one old recipe puts it. Have a pitcher or kettle of boiling water on hand and fill each glass as needed.

At serving time:

A fleck of nutmeg atop is traditional, but ground cinnamon or allspice is every bit as good.

KENTUCKY EGGNOG

This is one of the most famous and best eggnog recipes in America.

You will need:

eggs
sugar
cream
milk
rye or bourbon
Jamaica rum
grated nutmeg

Beat separately yolks and whites of 6 eggs. Add ½ cup sugar to yolks while beating. Add ¼ cup sugar to whites after they have been beaten very stiff. Mix egg whites with yolks. Stir in 1 pint cream and 1 pint milk. Add 1 pint whisky and 1 pint Jamaica rum. Stir thoroughly.

At serving time:

Serve very cold, with grated nutmeg. Makes 5 pints of the grandest eggnog ever ladled into a cup.

NEW BREAD

There is a place on Sweden's coast where the
mountain walks down suddenly
into the sea . . .
and this is the spot where the Kulla Man
lies deep
sunk in a thousand, thousand years
of witch-old sleep
under a mountain that walks suddenly
into the sea . . .

And the giant never turns his head
except when the village smells of bread.

Fresh bread smells of fire and candle-light
a table spread at the edge of night . . .
Bread smell remembers the milk white swell
of the living dough under shaping hands
and the heavy blooming above the pans
and the long, hot hug of the wood-stoked stoves . . .

Then the gold-brown loaves!

No wonder he wakes from the sorcered dead
when hungry Kulla smells fresh-baked bread.

wonder what would Kulla say
to Hot Roll Mix!

BISCUITS AND BREADS: SWIFTLY "HOME-MADE"

THINGS TO DO WITH BISCUIT MIX

To give a festive touch to any meal, there's nothing quite so easy as baking powder biscuits. Always simple to put together and quick to bake, even before the advent of packaged mixes, they have long been the hallmark of hospitality and the treasured gesture of a thoughtful wife.

Today we have a variety of short cuts — the big package of biscuit mix, from which you measure the quantity you want, the newer 10-ounce premeasured package of biscuit mix which makes about 12 biscuits; and the already-shaped oven-ready biscuits which come 10 to a package.

A glaze is obtained by brushing the tops of biscuits with beaten egg, unbeaten egg white, milk, cream, or evaporated milk. It will give your biscuits a truly professional look with a minimum of effort.

Drop Biscuits. The quickest way to get biscuits ready from a mix is to make drop biscuits. There's no kneading, no rolling; just combine liquid and mix according to package directions. Note that directions and proportions differ from one brand to another (one reason for this is the difference in shortenings used in various mixes), so follow instructions on your particular package. Always preheat your oven, in this case to 425-450 F. Bake 12 to 15 minutes on greased cookie sheet, pan, or in muffin cups.

Square Biscuits. The next quickest way to get the mix ready for the oven is to pat out the dough instead of rolling. Using a sharp steel knife, cut the dough into squares, triangles, or diamonds — quicker than cutting rounds — and bake in the regular way.

Sugar-drop Biscuits. Butter muffin pans lavishly, put 1 teaspoon brown sugar in each, and top with drop-biscuit dough.
Lemon drop Biscuits. Dip lump sugar (1 piece for each biscuit) into lemon juice for just a moment and place on top of the biscuit before baking.
Cheese-drop Biscuits. Add 1 cup of grated sharp cheese and a dash of paprika to 1 package premeasured biscuit mix and stir before adding milk. Wonderful with salads, cold cuts, or, cut bite-size-small, with soup. For a more delicate cheese flavor reduce the amount of cheese to ½ cup.
Georgia Pecan-drop Biscuits. Mix ¼ cup melted butter or margarine with ½ cup firmly packed brown sugar and divide evenly into 12 medium-size muffin cups; cover with ½ cup pecan halves. Top with dough made from 1 package premeasured biscuit mix.

Rolled Biscuits

Whether you roll and cut your own (with a biscuit cutter, wine glass, or empty can) or use the ready cut biscuits, you can follow any of these variations with little effort and wonderful results.
Yankee Biscuits. Fluffy biscuits, standing proudly high, are favored north of the Mason-Dixon Line. Cut from dough which has been rolled to about ½-inch thickness or use ready-cut biscuits as they come from the package.
Southern Biscuits. Skipping lightly over beaten biscuits (which, according to one ancient recipe, requires you to beat the dough with a club or hatchet for ½ hour) we come to the characteristically thin, crusty Southern biscuit. If you're using a mix, don't knead the dough at all; just pat instead of rolling the dough, to ¼-inch thickness. Handle as little as possible, prick each circlet several times with a fork, and be assured of crisp, tender, flaky biscuits.

Cut ready-cut biscuits in half crosswise as you take them out of the can, for similar results. Caution: you get twice as many biscuits Southern-style, but don't count on them to go twice as far!
Wisconsin Cheese Rolls. Cut biscuits Yankee-high (½ inch), then flatten each one until it is 4 inches in diameter. Put 2 tablespoons grated sharp cheese on each circle, fold in half

and seal edges by pressing with fork tines. Bake in hot oven, 450° F., about 10 minutes.

Vermont Sage-cheese Biscuits. Combine ¼ pound shredded sharp cheese with 3 tablespoons butter or margarine, melted; spread over tops of 1 package (10) oven-ready biscuits. The sharper the cheese, the tastier the biscuit.

Parker House Rolls. Make a crease across the middle of each biscuit round, using the back of the knife blade. Brush with melted butter, fold over and press lightly on the fold. Brush with slightly beaten egg.

Poppyseed Rolls. Brush biscuits with slightly beaten egg, sprinkle poppy seeds over each.

Onion Rolls. Brush with slightly beaten egg and top with a thin slice of onion or onion rings, pressing the onion down slightly into the biscuits.

Salt Sticks. Shape biscuits into long, narrow rolls, brush with egg, and sprinkle with coarse salt and caraway seeds.

Doughnuts. Cut centers out of round biscuits (the cap of a ketchup bottle is just right for this); if you're using the ready-cut biscuits right out of your refrigerator, let stand 5 to 10 minutes at room temperature. Drop 3 or 4 at a time into deep hot fat, 370° F., and fry until golden brown. Remove from fat and drain on paper towels. Shake in paper bag with granulated sugar or cinnamon sugar.

What to do with centers? Pop them into the frying kettle, of course; they'll cook faster than the doughnuts. The old cookbooks called these little round balls Wonders or Doughboys.

Crullers. Shape biscuit dough into an oblong and twist. Then proceed as for doughnuts, above.

CLEVELAND CINNAMON NUT COFFEE RING

This simple coffee cake is German in inspiration and reminiscent of those served with coffee in such cities as Cleveland and Cincinnati.

You will need:

sugar
cinnamon
walnuts
cream cheese
confectioner's sugar
milk

biscuit dough vanilla
butter or margarine

Heat oven to 425° F. Combine ¾ cup granulated sugar with ¾ teaspoon cinnamon and ⅓ cup chopped walnuts. Use 2 packages ready-cut biscuits (or 2 packages premeasured mix), brush tops with melted butter or margarine, then dip in sugar-nut mixture. Arrange biscuits in circle on greased 9-inch round layer pan, overlapping; there will be 20 to 24 biscuits. Bake to a golden brown, 20 to 25 minutes.

To make the frosting, combine 1 ounce cream cheese, ¾ cup sifted confectioner's sugar, 2 teaspoons milk, and ¼ teaspoon vanilla, blending thoroughly.

At serving time:

Frost the warm ring with the cream cheese mixture.

PATTY SHELLS

Give an extra fillip to any creamed dish with one large patty shell instead of a number of individual ones, make it from a biscuit mix, instead of the usual pie crust. Grease and flour the outside of a 1-quart baking dish turned upside down. Roll out dough, cover the turned-up bottom and sides of the baking dish, and prick the dough *all over* with a fork. Bake in a moderate oven, 350° F., until delicately brown. Turn right side up, lay carefully on a plate, and leave for a few minutes; then gently disengage the baking dish from the shell. Pour creamed mixture (codfish, chicken à la king, etc.) into shell and serve with pride.

You can make one big shell in the same manner using packaged pie crust mix. And you can, of course, make individual patty shells with either mix by molding them over the turned-up bottoms of muffin tins or custard cups.

BISCUIT TOPPING FOR MEAT PIES

Use 1 cup biscuit mix for a 2- or 3-quart casserole and pat out kneaded dough to fit inside casserole top. Score the circle with the back of a knife to mark portions, set over hot meat, gravy, and vegetables, and bake in a hot oven, 425° F., for about 20 minutes. You can vary this topping by add-

ing ¼ cup grated cheese (over chicken) or ¼ teaspoon celery seed (over veal) and a dash of paprika for color.

Instead of scoring, you may prefer to actually cut the dough into pie shaped wedges before laying it atop the meat pie. This allows the gravy to bubble to the top—looks delicious—and makes the dish easier to serve.

THINGS TO DO WITH CORN BREAD MIX

There are two opposing schools of thought about corn bread as it is made and eaten in these United States. In the South no one ever thinks of making corn bread from anything except white corn meal. No one dreams of using sugar, unless they have been contaminated by influences from the North, where the meal is golden and the bread often sweet as cake. Until only recently there was no mix suitable for Southern corn bread. Now there is one . . . at least one which is not widely distributed anywhere except in the South, but can be ordered by the grocer or directly from the company.

When you buy a corn bread or corn muffin mix, be sure to read the label carefully. It will tell you whether the meal is yellow or white, whether sugar has been added, or eggs, or milk solids.

YANKEE CORN BREAD

Most commonly baked in a square or oblong pan and cut into squares.

You will need:

corn muffin mix
milk
egg

To 1 package (yellow) corn muffin mix add 1 egg and 2/3 cup milk; beat 30 to 40 strokes. Grease an 8-inch square pan or 9-inch round pan generously, pour in batter, and bake in a hot oven, 400° F., for about 20 minutes.

At serving time:

Cut and serve while still warm for breakfast . . . or with a fried chicken dinner.

Variations:

Corn Muffins. Grease muffin tins and half fill with corn bread batter. Makes 12 to 15 large corn muffins.
Yankee Corn Sticks. Bake corn bread batter in well-greased corn stick pans.
Bacon Corn Bread. Add ½ cup crisp chopped bacon to corn bread batter.

TRUE SOUTHERN CORN BREAD

In certain areas of the South corn bread is simply referred to as "bread," indicating the frequency with which it is served. Now, with the advent of a mix made with white corn meal, you can make "the real thing."

You will need:

corn bread mix (with white corn meal)
cooking fat

Preheat oven to 450° F.; heat a large skillet or 7-x11-inch baking pan with 1 tablespoon fat in the oven. Stir 2/3 cup water into 1 package (white) corn bread mix; beat until smooth. Add 1⅓ cups water, half at a time, stirring until blended, but do not overbeat. Pour batter into hot baking dish and bake 20 to 25 minutes in hot oven, 450° F., when the corn bread is golden brown.

At serving time:

Serve warm with fish, chicken, or anything. 8 servings.

Variations:

Bacon Cracklin' Bread Add ½ cup cracklings to batter and bake as above. (Less authentic but tasty substitute crisp, diced bacon for cracklings.)

Sausage Corn Bread. Brown 1 pound pork sausage links in 9-inch frying pan. Drain off drippings, leaving 1 tablespoonful in pan. Pour corn bread batter over sausages and bake in hot oven, 425° F., 20 to 25 minutes. Cut in wedges and serve with sausage gravy. 8 servings.

HUSH PUPPIES

Many legends surrounds the origin of this unusually named bread. Perhaps the most appealing is that hunters, frying corncakes in the fat left over from frying fish, would toss them to the hound dogs ringing the campfire, saying "hush, puppies."

You will need:

corn bread mix (with white corn meal)
onion (optional)
fat for frying

Add 1 cup water to 1 package (white) corn bread mix, also 1 small onion chopped fine, if desired. Beat until smooth. Drop a teaspoon of batter for each hush puppy into deep hot fat, 370° F., a few at a time, frying until brown. Drain on paper towels.

At serving time:

Serve with fried fish—if you want to emulate the campfire style, use the same hot fat in which you cooked the fish. Makes 30 hush puppies.

TALLAHASSEE HUSH PUPPIES

You can buy a hush puppy mix with the onion already added.

You will need:

hush puppy mix
fat for frying

Just add 1⅛ cups water to 1 8-ounce package mix; let

stand for 10 minutes. Drop by teaspoon or tablespoon into hot fat, 370° F., almost deep enough to cover the hush puppies. Brown on both sides.

At serving time:

Wonderful with fried or baked fish, ham, pork chops, or bacon and eggs.

SPOON BREAD

According to the old story, spoon bread was invented by a famous plantation cook upon whom a horde of guests descended without warning. She had nothing on hand but corn meal mush, to which she added milk and egg yolks and whites, thus transforming the mush into something akin to a soufflé, a fluffy bread to be served from its own baking dish with a spoon, topped with butter, eaten with a fork.

Corn bread mix made with white corn meal provides a base for a most delicious and authentic-looking and -tasting spoon bread. For greater lightness, delicacy, and form, you may increase the eggs from 2 to 3 or even 4.

You will need:

Corn bread mix (with white corn meal) eggs
butter or drippings milk

Stir 2 cups boiling water into 1 package white corn bread mix. Add 1 tablespoon drippings or butter and 2 slightly beaten egg yolks; stir and add 2 cups milk. Stir until smooth and fold in 2 stiffly beaten egg whites. Pour batter into a well-greased 2-quart baking dish and bake in hot oven, 400° F., for 40 minutes.

At serving time:

Bring forthwith to the table with as much speed as you would any soufflé. Serve with butter or gravy. 8 servings.

THINGS TO DO WITH MUFFIN MIX

Recently a manufacturer brought out his muffin mix in a new small package, to make 8 large or 16 tiny muffins . . .

perfect for the small family unit. A wonderful help to brides —but we can't help thinking he exaggerated the "problems of left-over muffins." For a buttered cold muffin seems just right with mid-morning coffee, afternoon tea, or cold milk at bedtime It packs well for lunches and picnics. And it toasts beautifully in the broiler in a moment, if you prefer your muffins warm.

You can enrich muffin mixes with the addition of an egg, reducing the liquid called for by ¼ cup.

You can vary your mix with the addition of fruits and nuts.

Berry Muffins. Should be chock-a-block full, so laden with berries that they practically fall apart—so use 1 full cup of blueberries or huckleberries to a large package of muffin mix (½ cup berries for the new 8½-ounce package). For a double timesaver, get the muffin mix with canned blueberries right in the same package and forget that most tedious of all kitchen tasks . . . the washing, sorting, and destemming of the delectable but elusive blueberry. And ¼ teaspoon nutmeg or mace and 1 teaspoon lemon rind will add a nuance of flavor to the muffins.

Wisconsin Cherry Muffins. Stir in ¾ cup canned drained pitted sour cherries, or ⅓ to ½ cup for the 8½-ounce package of muffin mix.

Hawaiian Pineapple Muffins. Stir in ¾ cup canned drained crushed pineapple for the large package of muffin mix.

Dried Fruit Muffins. Add ½ cup raisins, chopped dates, prunes, or apricots to 1 large package muffin mix (¼ cup to the small 8½-ounce package).

Nut Muffins. Add ½ cup chopped nutmeats to 1 large package muffin mix (¼ cup to the small 8½-ounce package).

Cinnamon-sugar Muffins. When batter has been put into the muffin tins, top each large muffin with 1 tablespoon cinnamon-sugar; if for small muffins, 1 teaspoon cinnamon-sugar.

FRUIT-NUT LOAF

This loaf will slice easily if you let it stand for several hours after baking . . . and the flavor seems to mellow, too.

You will need:

muffin mix
egg
milk
dried fruit
nuts

To 1 small package muffin mix (8½ ounces) add 1 egg and ½ cup milk, stirring gently. Do not beat; the batter should be slightly lumpy. Fold in 2/3 cup of any fruit-nut combination. You can use raisins, chopped dried apricots or prunes, dates, chopped raw cranberries, citron, currants, candied orange or lemon peel, with chopped pecans, walnuts, almonds, for instance. Bake in a small oblong loaf pan in a moderate oven, 350° F., for about 1 hour.

At serving time:

Delicious served plain with afternoon tea, or thinly sliced and put together with butter to make dainty sandwiches.

THINGS TO DO WITH POPOVER MIX

In the old days popovers were beaten till the arm ached and the cook was exhausted; the batter was poured into hissing-hot iron pans that were smoky with fat pans that you had to handle gingerly with tongs or layers of pot holders. And after all the fuss was over, they didn't always stay "popped."

Now we have a novice-proof mix, we let a rotary beater or blender do the work, we bake them in stone-cold muffin pans or custard cups . . . and we get high'n'mighty popovers *every time.*

You will need:

popover mix
eggs
milk

Put 1 package popover mix in bowl with 2 eggs and 1 cup milk; beat with rotary beater until smooth. (If you have a blender, whirl milk and eggs together for 10 seconds, add all the mix and blend 10 seconds longer.) Half fill well-greased muffin pans or custard cups with batter. Bake in preheated hot oven, 400° F., 40 minutes

. . . the popover should have popped high over the pan, be crisp, brown, and glossy on the outside, and soft but not soggy on the inside. The toothpick test will tell; if it comes out dry, popovers are done.
For popovers that "hold over," bake at 500° F. for 15 minutes, reduce to 250° F., and bake until done.

At serving time:

Serve immediately and pass the butter. Makes 12 to 15 large popovers.

Variations:

Popover Cases. An extra crisp popover is just as pretty as a patty shell, and easier to make. To dry out the center, punch a little hole in the side of each about 5 minutes before popovers are ready to come from the oven, to let out the steam. Fill with creamed chicken, etc.

To reheat, place popovers in a paper bag or aluminum foil and set in hot oven, 425° F., for 5 minutes.

Yorkshire Pudding. Traditionally this was cooked in the roasting pan which still contained fat from the roast beef, then cut in squares and served with the sliced beef and gravy. Today it would be easier to bake in a pan which can be put on the table, and cut it as you serve. Use the regular popover batter, and grease a 9-x-12-inch pan with roast beef drippings for authentic flavor; pour batter ½ inch thick into the pan.

Bouncing Babies. A farm-style dessert for Sunday breakfast or supper Add 1 tablespoon confectioner's sugar and 3 extra eggs to the regular popover batter (that's 5 eggs in all). Brush 10 large custard cups or small casseroles with salad oil, fill ⅓ full with batter, and bake as you do popovers. Serve hot with maple syrup, powered sugar, and pass wedges of lemon to squeeze over them.

Cheddar Popovers. Add 5 eggs and 1 cup milk to 1 package popover mix. Place 1 tablespoon batter in very small greased muffin tins, top with 1 teaspoon grated very sharp cheese, then 1 teaspoon batter. Bake at 470° F. about 15 minutes or until puffed, crisp, and brown. Makes at least 3 dozen cocktail-size popovers.

Cookbooks of the nineteenth century introduced the subject of bread-baking with a discussion of home-made yeast, which in itself took from several hours to a few days to prepare, depending upon which recipe you followed. Even when packaged yeast had found acceptance in the best kitchens, home-baked bread remained a time-consuming chore and, bit by bit, the twentieth-century woman abdicated to the commercial bakers.

Thrice blessed, therefore, are today's fine hot roll mixes . . . for the ease and speed of their preparation, for the special texture that can only come from your own oven, and for returning to our kitchens that wonderful, heaven-sent odor of baking bread.

We need not repeat here the basic recipe, for this is always printed on the package—just be sure not to throw the carton away until the rolls have finished baking! For the few phrases which may bewilder you, we say:

"Doubled in bulk" means that the dough has "blown up" until it's twice as big as when you put it in the bowl

"A warm place" calls for a temperature of 85-95° F. You can set the bowl of dough over the pilot light or in a pan of very warm water or in a warmish oven which has been turned off or near a hot radiator or on a warm radiator. Do protect the dough from drafts (grandmother often covered the bowl with a quilt!).

Variations:

Baptist Cakes. When the roll mix has doubled in bulk for the *second* time, cut dough with flour-dipped scissors into 24 pieces and roll into balls. Fry, 3 or 4 at a time, in deep fat (at least 2 inches) at 370° F., for 2 to 3 minutes or until golden brown. Drain on paper towels. Traditionally these were served on May Day morning in New England with maple syrup. You may prefer them dusted with powdered sugar or cinnamon sugar. Or toss them in a paper bag with grated cheese to accompany a hearty luncheon salad.

NIEW AMSTERDAM OLE KOEKS

These are the Ole Koeks which Washington Irving described so typically in *The Legend of Sleepy Hollow.*

You will need:

dried citron
raisins
cognac, brandy, or rum
nutmeg
hot roll mix
fat for frying
powdered sugar
powdered allspice

Soak 1 cup mixed dried citron and raisins in ⅓ cup cognac, brandy, or rum, with dash of grated nutmeg, for 2 hours, then drain. When roll mix has doubled in bulk for the *second* time, divide dough as for Baptist Cakes and enclose about 2 teaspoons of citron-raisin mixture in each ball of dough and fry in the same manner as Baptist Cakes Drain on paper towels and toss in a paper bag in powdered sugar well seasoned with powdered allspice.

At serving time:

Delicious with hot or cold beverages.

SWEET ROLLS AND COFFEE CAKES USING HOT ROLL MIX

A new kind of invitation has become popular, as well as grammatically acceptable—you're as likely to be asked to a "coffee" as a tea. And coffee, somehow, seems to call for a somewhat heartier bread type cake, simple for you to make with a hot roll mix, merely by adding an egg, a bit of sweetening, a spice or two, dried fruits, perhaps . . . and sometimes a special topping. Here is your basic recipe:

You will need:

hot roll mix
sugar
egg(s)
raisins and/or nuts
milk
plain icing

Completely dissolve the dry yeast from the packaged mix in ½ cup very warm but not hot water, 100-120° F., stirring constantly Add 1 tablespoon sugar and 1 egg (for a richer coffee cake add 2 eggs), stir, then add additional water if necessary to make 1 cup liquid. Pour into dry ingredients which have been put into mixing bowl with ½ cup raisins or nuts (or ¼ cup each); mix until dough is smooth. Cover bowl with plate or waxed paper which has been greased Let rise in warm place, 85-95° F., for 20 minutes or until dough doubles in bulk.

Grease hands or dust them with flour, and knead the dough on a floured board for about 1 minute. Pat into a 9-inch cake pan, cover with a dry dish towel, and let rise in warm place again for 25 minutes or until doubled in bulk.

Brush with milk; bake in moderately hot oven, 400° F., until browned about 45 minutes. Top with plain icing (confectioner's sugar blended with milk and a drop of vanilla).

Variations:

Fruit Bread. Use ½ cup each of glazed chopped orange and lemon peel, and ¼ cup chopped glazed pineapple, in place of the raisins and nuts. Use 2 8½-x-4½-inch loaf pans, or one 9-inch layer cake pan.

Minneapolis Christmas Bread. Add 1 teaspoon saffron and ½ teaspoon powdered cardamom to dry ingredients before mixing. Bake in a long twist. This is similar to the famous Lucia bread of Sweden, where it is served each December 15 with early-morning coffee, traditionally by the youngest and loveliest girl in the household.

Schnecken or Cinnamon Buns. Omit raisins and nuts. After the basic sweet roll dough has risen the first time, roll it on lightly floured board into a rectangle 8 by 20 inches. Brush with 3 tablespoons melted butter. Sprinkle with 1 cup firmly packed brown sugar which has been mixed with 1 teaspoon cinnamon and ⅛ teaspoon salt, over this sprinkle raisins, chopped nuts, or both. Grasp the 20-inch side and roll firmly. Grease cupcake tins; cut dough into slices that will half fill the cups; pat slices down into cups so that bottom is covered.

Cover lightly with dry dish towel and again let rise in warm place for 25 minutes or until double in bulk.

Brush tops with melted butter; sprinkle lightly with ¼ cup granulated sugar which has been thoroughly mixed with 1 tablespoon flour and 1 teaspoon cinnamon. Bake in moderately hot oven, 400° F., until browned about 15 minutes.

FASTNACHTS

These rich raised doughnuts were originally featured for Shrove Tuesday breakfast. The Pennsylvania Dutch make them with potatoes; our recipe calls for hot roll mix as adapted to coffee cakes.

Add ½ teaspoon nutmeg to your dry ingredients; omit raisins and nuts. After the sweetened dough has risen for the first time, roll it out to 1/3-inch thickness. Cut into 2-inch squares, using a sharp knife. Or use a doughnut cutter (or a glass, then make center hole with the cap of a ketchup bottle). Put the doughnuts on a floured board or cookie tin, cover with a dry cloth, and let rise a second time until double in bulk.

Fry in deep hot fat, 370° F., turning with a long-handled spatula or fork when they rise to the top, so that both sides are browned. Drain on paper towels, then sprinkle or roll in granulated sugar.

APPLESAUCE BREAD

A delightfully old fashioned recipe.

You will need:

cupcake mix
canned applesauce
nutmeats

Using a package of cupcake mix, follow the recipe on the box but substitute applesauce for the liquid required, and stir in ½ cup chopped nutmeats. Bake in two greased and floured oblong loaf pans in a moderate oven, 350° F., for about 40 minutes or until done.

At serving time:

Serve either warm or cold. Cut into ½-inch slices.

Variations:

Nut Bread. Make up 1 package of cupcake mix according to directions, using the liquid called for, and add 1 cup chopped nutmeats (omit applesauce). Proceed as above.
Apricot Bread. Cut up ¾ cup dried apricots, soak in water until soft, then drain. Prepare 1 package cupcake mix according to directions, add softened apricots, and bake as above.

TRUE SALLY LUNNS

Southern tradition demands a yeast dough for true Sally Lunns . . . with a coffee cake mix it's simpler than ever.

You will need:

coffee cake mix
eggs
butter

Dissolve the dry yeast which comes in the package with ½ cup warm water; stir in 2 slightly beaten eggs. Add the dry coffee cake mix from the package all at once and mix thoroughly until blended.
Lightly grease top of dough and sides of bowl; cover with waxed paper and place in a warm spot to rise until double in size, about 1 hour. Shape with your hands into a cylindrical roll and form into a ring in a well-greased tube pan.
Cover with a dry kitchen towel and let rise again until double in size, about 45 minutes. Bake in a hot oven, 425° F., 20 to 30 minutes or until golden brown.

At serving time:

Serve hot, with plenty of butter at hand for spreading.

Variation:

Individual Sally Lunns. After dough has doubled in bulk for

the first time, make individual balls and set in well-greased muffin pans to rise again. Makes 18 to 24 individuals.

HOT BREADS—PIPING!

Give all kinds of bakery goods –rolls, muffins, or coffee cake—that home-baked, fresh-from-the-oven aroma: heat and serve them piping hot.

To warm stale bread, cover with a damp towel and set in a moderate oven, 350° F., for 20 minutes. Then to get the crispy crust remove the towel, turn off the oven, and leave the door open.

Garlic Toasted Loaf. Garlic bread is almost *too* popular nowadays!

Slice French bread or sour rye slightly on the bias—not all the way through. Rub the crust thoroughly with a cut clove of garlic. Brush between the slices and over the top of the bread with melted butter, using a pastry brush. Set in a hot oven till it starts to take on a golden glow, and serve.

Wine and Cheese Bread. Mash a 6-ounce cheese roll (garlic-flavored, if you like) with a fork; blend in ¼ cup softened butter or margarine and ¼ cup sherry until smooth. Cut loaf of French bread in half lengthwise, then slice crosswise from the inside, cutting down to be but not through the crust. Spread cut sides with mixture, sprinkle lightly with paprika, and set under broiler to brown delicately.

Boston Brown Bread. Canned Boston brown bread is dark, soft, moist, and studded with raisins—versatile, too.

Serve it cold with cream cheese . . . a hearty snack.

Heat it in a double boiler or a steamer and bring the whole loaf smoking hot to the table . . . to go with baked beans, of course. Cut into ½-inch slices with a string or a pronged angel cake cutter.

Cut warmed brown bread into sections and serve with hard sauce . . . a good steamed pudding.

Heated Rye Loaf. Few people think of heating rye bread, but it tastes much better when warmed, sliced or whole. Brush crust of bread very lightly with melted butter or sour cream. Wrap in aluminum foil or parchment paper. Set in a moderately hot oven, 375° F., about 10 minutes or until thoroughly hot and steamy.

Pumpernickel may be heated as above but do not attempt to heat the very dark, heavy black pumpernickel because it dries out in the oven.

TOAST

Anybody *can* make good toast—only sheer carelessness would account for the quantity of underdone, overdone, and done-too-soon toast that disgraces some otherwise fine meals.

With an automatic toaster, just adjust the speed regulator to light, medium, or dark, push down the plunger (some descend automatically!)—and be sure the toaster's plugged in!

You can make delicious toast in a broiler, a particularly good idea when you want a number of slices at once. Just be sure to watch it; don't turn away for a moment.

Butter toast immediately, using slightly softened butter. Keep it warm: stack in a warm place or keep well covered with a napkin or bowl.

And do, please, vary the bread you use. Try raisin bread, whole wheat, pumpernickel, and rye; toast them quickly, for they usually take less time than fresh white bread. Muffins, rolls, coffee cake, or Danish pastry cut into strips take kindly to toasting.

Use toast in various guises; there's a version for every course, for any time of day.

Banana Toast. Toast Ry-Krisp or bread, spread lightly with butter or margarine and cover with sliced bananas, cinnamon, and sugar. Set in the oven 5 minutes and serve with tea.

Cinnamon Toast. Toast bread on one side in the broiler. Spread untoasted side with softened butter and sprinkle thickly with packaged cinnamon-sugar or mix 1 teaspoon cinnamon with 4 tablespoons light or dark brown sugar. Set under broiler again until the sugar mixture bubbles.

Vermont Cinnamon Toast. Use 4 tablespoons maple sugar in place of brown sugar.

St. Augustine Orange Toast. Cut circles from sliced white bread with a cookie cutter or glass and toast on one side. Brush untoasted side with melted butter, cover with ¼-inch orange slices, and sprinkle with sugar. Set under broiler just long enough to melt sugar and warm orange slightly. Sprinkle with cinnamon and serve.

Spiced Melba Toast. Nellie Melba, the great operatic star, numbered Caesar Ritz among her many admirers. He courted her with culinary dishes—hence the Melba toast, Peach Melba, etc. Brush Melba toast lightly with melted butter and warm in a slow oven, 325° F., 1 or 2 minutes. Sprinkle with 1 tablespoon powdered sugar mixed with ½ teaspoon cinnamon, nutmeg, or allspice.

MARYLAND FRIED TOAST

This again is a kind of dessert. Fine thing to serve after bacon and eggs on Sunday morning.

You will need:

custard-flavored pudding mix
cinnamon
nutmeg
sherry
bread
raisins
butter

Make up a package of custard-flavored pudding mix according to directions, adding a dash of cinnamon and nutmeg and 1 teaspoon sherry. Put half the custard in a bowl, add 8 slices of bread, and soak thoroughly. Put remaining custard in top of double boiler over hot water with 1 cup raisins, ¼ cup sherry, and 1 tablespoon butter; keep warm but not boiling. Brown custard-soaked bread in hot well-buttered skillet.

At serving time:

Serve custard sauce over toast. Makes 8 portions. Most people take two slices so it serves 4.

C

is for Contrast. Contrast in flavor, texture, and color gives that come-and-get it quality to a meal. Eschew creamed chicken after a cream soup. With a bland dish serve something piquant—a pickle perhaps. Manage some variety in color, too. Think of the loveliness of green peas beside the gold of corn and the rich brown of a grilled lamb chop. Crunchy rolls, celery, nuts, carrot sticks, all offer interesting contrast to soft foods.

RULE FOR A CAKE

A cake must be baked . . .
with love
Much gentleness
needs to be smoothed in as
the butter's creamed
and into sugar
and the milk
and flour, sift . . .
soft affection.

Yolks must be whipped
with rapture
whites folded in with tenderness

A cake must be baked with love . . .
Love makes it light
all gold
and pale
as if a daffodil could mate
with a snowflake
and melt upon the tongue . . .

Even if you use a box,
Love helps . . . .

WEDDING ANNIVERSARY CAKES

ANNIVERSARIES ARE occasions to be treasured in the memory —and a special cake, decorated to conform with tradition, will go far toward making these milestones truly memorable. Newlyweds, of course, will want to celebrate the first week, the first month, and so on, but we shall confine ourselves to the yearly anniversary.

First Year: Paper. Frost an angel cake in a pastel color. Put a paper popper—the kind that snaps and has a paper motto inside—in the hollowed-out center, and more poppers, all in pastel shades, around the edge of the plate, wreathing the cake.

Second Year: Cotton. Baked Alaska—the meringue reminiscent of fluffy cotton piled high.

Third Year: Candy. A white layer cake with a white or pastel 7-Minute Frosting, decorated with gumdrops placed to make the number 3, or in swirls or scrolls of your own designing.

Fourth Year: Silk. Make up 2 packages of white cake mix according to directions. Divide batter into 4 bowls; leave 1 white, tint 1 pink and add a few drops of almond flavoring, 1 yellow and add a teaspoon grated lemon or orange rind, 1 green and add a few drops pistachio flavoring. Bake in 4 layers, 1 color to a layer. Frost with 7-Minute Frosting tinted to match one of the layers that harmonize with your china. Twist harmonizing satin ribbons to make a wreath-like border around the cake plate.

Fifth Year: Wooden. Ice devil's food cake with Butterscotch Frosting—or use butterscotch pudding for both filling between layers and frosting on top. Decorate with chocolate bits for that knotty-pine effect. . . . A wooden cake plate!

Seventh Year: Flower. All kinds of cakes lend themselves delightfully to this anniversary. But one of the easiest is nothing more than a white-frosted angel cake with an old-fashioned nosegay set into a custard cup in the center. Decorate the cake around the edges with the heads of fresh flowers and leaves.

Tenth Year: Tin. This is definitely one of the party anniversaries . . . gay and informal. Get a large new and shiny tin mold, the fanciest one you can find. Fill it with Moravian

Pudding Cake—that unusual combination which is part cake, part pudding, baked with its own sauce (see page 77). Double the recipe for a large mold. The batter should come halfway up the mold before baking. Bring the cake, warm, to the table, turned upside down on a shallow serving dish. Pass the sauce in another tin mold, much smaller. This "cake" is served right from the mold. If you use a mold with a hollow center you can set a series of small tin favors in the center with ribbons radiating from it.

Fifteenth Year: Crystal. For this a tall white cake with a fluffy 7-Minute Frosting, and completely cover the top of the cake with rock candy crystals. Use more rock candy around the base of the cake. Serve, of course, on a crystal-clear plate.

Twentieth Year: China. For this cake the most beautiful china plate you can find. Cake frosted in a color to harmonize with the china and decorated with tiny china figurines and crystallized flower petals arranged in a neat pattern.

Twenty-fifth Year: Silver. This cake, of course, should be as impressive as any first wedding cake. Make 6 layers, from 3 packages of cake mix . . . 2 9-inch, 2 8-inch, and 2 7-inch. If you can't find a 7-inch cake pan, trim an inch off an 8-inch layer. Between the layers place a rich almond-flavored filling or you can frost with ornamental frosting. Try scattering silver dragées liberally all over the cake and surmount with a bouquet of flowers or a bride and groom. Serve on a silver platter.

THINGS TO DO WITH ANGEL CAKE MIX

In days gone by a feathery white, cloudlike angel cake was the crowning glory of any cook's repertory. Now excellent angel food mixes are on the market. You have only to follow exactly and conscientiously the easy directions on the package. Unfrosted angel food cake is comfortably low in calories . . . a 2-inch slice only about 110 calories, as against 200-300 calories for cakes rich in egg yolks and butter.

Philippine Celebration Cake. Insert into the cake 6 Fourth of July sparklers. Light the sparklers and bring your cake ringed in blazing glitter to the table. For a birthday, regular birthday candles can be set on top and the sparklers set horizontally around the rim . . . a scintillating pin wheel.

Angel Pie with Tropical Sauce. Prepare and bake the angel food cake mix according to package directions and serve with

Tropical Sauce made by melting in the top of a double boiler a package of chocolate bits, to which are added 1 cup light corn syrup, ½ cup orange juice, and ¼ cup raisins. Cook over hot water for 3 minutes after boiling starts. Serve sauce hot or cold. (Keeps well in a covered jar in the refrigerator.)

Dark Angels. Top slices of angel food cake with a scoop of ice cream, prepared chocolate or mocha sauce, and chopped nuts.

Sunshine Cake. Beat 4 egg yolks until thick and lemon-colored; beat egg whites according to package directions. Fold egg yolks into whites, add 6 drops yellow coloring, so that the mixture is truly golden. Add flour mixture and bake according to directions.

CENTRAL PARK CAKE

Inspired by the obelisk known as Cleopatra's Needle in New York's Central Park.

You will need:

angel cake
2 round pint containers of ice cream, solidly frozen
moist-pack coconut
rosebuds and roes leaves
frozen strawberries

Out of the center of the angel cake cut a circle large enough to accommodate a pint container of ice cream, with only the lid removed. (The container prevents the ice cream from soaking into the cake.) Remove the container from a second pint, leaving the ice cream intact. This can be done by placing a hot towel momentarily around the container. Place the second tube on top of the first, pressing firmly, to make Cleopatra's Needle. Sprinkle thickly with freshly grated or moist-pack coconut. Around the edge of the ice cream and to hide the edge of the container, place a few rose leaves and rosebuds—around the cake plate, too.

At serving time:

Cut the cake in wedges. Place a wedge of cake and a scoop of ice cream on each plate and pass separately quick-frozen strawberries which are almost but not entirely thawed. 8 servings.

WISCONSIN REFRIGERATOR CHEESECAKE

Cheesecake is a magic word all over America, and cheesecake recipes are legion. Some are rich and close-textured; others are light and fluffy. Most of the old recipes require quite a bit of doing, as well as special equipment such as a spring form. This version, which had its origin in the cheese country of Wisconsin, dispenses with pastry or crumb crust. It does away with baking altogether.

Here we have speeded up Wisconsin's inspiration. We discovered that though the original recipe called for cooking the egg yolks and warned ominously against overcooking, it is unnecessary to cook them at all—beating them very well with lemonade mix is all the "cooking" that's necessary.

You will need:

lemon flavored gelatin dessert
eggs
lemonade concentrate
whipping cream
cream cheese
graham cracker crumbs
cinnamon

Dissolve 1 package lemon-flavored gelatin in 1 cup hot water. Add ½ cup cold water. Stir in with rotary beater 2 egg yolks which have been beaten until light and lemon-colored, 2 tablespoons quick-frozen lemonade concentrate, ½ cup whipping cream. Quick-chill in freezer 15 to 20 minutes, until mixture is firm about an inch from the edge, quivery in the center.

Meanwhile, stir until light and fluffy, with fork or rotary beater, 4 3-ounce packages cream cheese. (To soften cream cheese quickly, just knead the silver foil package in your hands for a minute or two. A good trick to remember!) Beat cream cheese into chilled mixture, using rotary beater. Fold in 2 stiffly beaten egg whites.

Butter a 1-quart cake pan or mold, bottom and sides, using at least a tablespoon softened butter. Sprinkle in ½ cup finely grated zwieback or graham cracker crumbs flavored with 1 teaspoon cinnamon. Turn mixture into buttered, spiced crumb mold; cover top with ¼ cup of crumbs. Return to freezer for ½ hour; remove to refrigerator until needed.

At serving time:

Loosen edges with blunt knife. Place a plate over the

mold and turn upside down. Good and rich—it makes 8–10 servings.

Variations:

Pineapple Cheesecake. Stir into the cream cheese mixture before the second chilling, 1 cup drained crushed pineapple, canned or frozen. Decorate with pineapple slices. If you want a glaze, us 1 package lemon-flavored gelatin dissolved in 1 cup heated pineapple juice. (See Cheesecake Toppings.)

Fruited Cheesecake. Top cheesecake with any kind of sweetened fresh, frozen, or canned fruits that suit your fancy. They should be well drained.

Apple Cheesecake. The combination of apples and cheesecake is popular in German and Scandinavian countries. This is an adaptation of a St. Louis version. Proceed as for refrigerator cheesecake. Top with drained apple slices. Sprinkle generously with cinnamon-sugar mixture.

CHEESECAKE TOPPINGS

Strawberry Glaze. Dissolve 1 package strawberry-flavored gelatin in 1 cup boiling water; add 2 tablespoons currant jelly. Quick-chill in freezer 10 minutes or until thick as unbeaten egg whites. Meanwhile, arrange on top of cheesecake 1 pint whole or halved fresh strawberries. Pour on glaze. Chill in refrigerator.

Raspberry Glaze. Same as stawberry glaze but use raspberry-flavored gelatin and 2 tablespoons of sherry instead of currant jelly.

Yorkville Sour Cream Topping. Any kind of cheesecake, the old-fashioned baked or the refrigerator type, even a good cheesecake brought home from the delicatessen, can be much enriched by a sour cream topping.

To ½ cup sour cream add 1 tablespoon sugar, a bit of nutmeg, cinnamon, or allspice. Spread on top of cake. Sprinkle ligthly with zwieback or cookie crumbs.

THINGS TO DO WITH DEVIL'S FOOD MIX

With a whole galaxy of flavors, exotic as well as native, to choose from . . . Americans remain loyal to chocolate, their

first choice by an overwhelming margin. And rich, delicious devil's food cake is chocolate double-distilled.

Chocolate Nut Loaf. Prepare devil's food mix according to package directions, adding ¼ teaspoon salt and ½ cup finely chopped nut meats during the last minute of beating. Bake in a 9-inch square pan, following time and temperature instructions on package.

Orange Chocolate Cake. Add 1 teaspoon grated orange rind to 1 package of mix, then add liquids and bake according to package directions in 8-inch layers or a 9-inch square pan.

Chocolate Cupcakes. Reduce the amount of liquid by ¼ cup and add 1 egg. Bake in muffin pans according to package directions. Ice with Mint Frosting, made with 1 3-ounce package cream cheese, blended with 1 tablespoon milk, 2½ cups confectioner's sugar, ¼ teaspoon mint flavoring, and a dash of salt.

Vassar Devils. Prepare devil's food mix according to package directions, and bake in 9-inch square pan. At serving time put a scoop of ice cream, vanilla or chocolate, between two slices of the devil's food cake, top with chocolate sauce . . . whipped cream over all.

Rum Chocolate Cake. Add 1 tablespoon rum extract to liquid, then prepare and bake devil's food mix according to package directions, making 2 8-inch layers. Frost with the following: melt 3 squares unsweetened chocolate with 4 tablespoons butter over hot water. Add ½ cup confectioners sugar, 2 tablespoons hot water, 1 slightly beaten egg, and ¼ teaspoon vanilla extract or 1 teaspoon rum, beating thoroughly until perfectly smooth. Frost top and sides.

THINGS TO DO WITH GINGERBREAD MIX

Gingerbread hot, or gingerbread cold—the flavor is as old-fashioned as a warming pan, the preparation with a mix as modern as tomorrow.

Caraway Gingerbread. Prepare gingerbread batter according to package directions and add 1 tablespoon caraway seeds. Serve with plain or spiced applesauce.

Toasted Coconut Gingerbread. Bake plain gingerbread according to package directions. Then top with toasted Coconut Topping: made by working together with a spoon 3 tablespoons butter and 1/3 cup brown sugar, and adding 2 tablespoons top milk, ¾ cup shredded coconut, ½ teaspoon

vanilla. Spread mixture on cake and put under low broiler until coconut is lightly browned.

Praline Gingerbread. When the gingerbread has baked about ½ hour, remove from oven and sprinkle top with Praline Frosting: made by working together 1/3 brown sugar, 2 teaspoons cinnamon, 3 tablespoons flour, 3 tablespoons butter, and 1 3 cup chopped pecans. Return cake to oven and bake 5 to 10 minutes longer.

Orange Gingerbread. Prepare gingerbread mix according to package directions, but use ½ orange juice and ½ water. Add a little fresh grated orange peel or 1 teaspoon candied orange peel, finely chopped, and bake. Serve with sweetened whipped cream and garnish with orange sections.

Texas "Dark Secret" Cupcakes. Prepare gingerbread according to package directions, but reduce liquid by ¼ cup and add 1 egg, 1 teaspoon instant coffee, 1 teaspoon Zeste Moreston (a bottled caramel syrup, available in specialty shops), and ½ cup raisins. Bake at 350° F., 25 to 30 minutes. These keep very well.

THINGS TO DO WITH SPICE CAKE MIX

Nut Spice Cake. Add ½ cup chopped walnuts or pecans to the cake batter just before it goes into the oven.

Holly Wreath Cake. Prepare Nut Spice cake as above. Mix white packaged instant cake frosting, using milk or cream instead of water; add ⅛ teaspoon nutmeg. Frost cake and garnish with red and green cherries to form a holly wreath design. (When holly is in season, set the cake on your largest plate and rim the cake plate with holly leaves.)

Hermit Cookies. Prepare spice cake mix according to package directions but reduce liquid to about ½ cup, so that batter is fairly stiff. Add ½ cup each raisins and chopped nuts. Drop batter from teaspoon, about 2 inches apart. Bake about 10 minutes or until nicely browned, in a moderate oven, 375° F.

Rocks Prepare spice cake mix as for hermut cookies, above, but add ½ cup chopped dates instead of raisins and nuts.

Moravian Pudding Cake. This recipe sounds incredible at every step but keep on going; you're in for a delightful surprise. Prepare spice cake mix according to package directions, pouring batter into 9-inch square pan. Blend ½ cup brown sugar, ½ cup granulated sugar, and ¼ cup cocoa; sprinkle over the batter. Pour 1 cup strong cold coffee over the top of the cake. Bake in a moderate oven, 350° F., for 25 to 30

minutes. The cake will be soft underneath, tastes wonderful without further garnishing. Or serve warm with whipped cream topping or coffee ice cream.

VIRGINIA TIPSY TRIFLE

One of the truly great high-tea dishes of England is the trifle. Essential to the trifle is a custard mixture. In this version, popular in Colonial Virginia, we use instant pudding.

You will need:

sponge cake
Jamaica rum
candied fruits and peel
instant vanilla pudding
vanilla extract

Cut a sponge cake or shortcake layers crosswise into layers about ½ inch thick. Place a layer of cake in the bottom of an attractive shallow serving dish and sprinkle liberally with Jamaica rum and candied fruits and peel. (You will need, all told, 1 cup rum and 1 cup or 8 ounce jar cut-up candied fruits and peels of the kind used in fruit cake—candied citron, orange peel, cherries, lemon peel, and pineapple.) Top with part of a package of instant vanilla pudding which has been made up according to package directions but with 1 teaspoon vanilla extract added. Repeat until the cake and pudding have been used; top layer should be pudding garnished with a little fruit. Set trifle in coldest part of refrigerator for at least ½ hour.

At serving time:

Bring to table right from the refrigerator. Garnish if desired with whipped cream.

Variation:

Tipsy Parson. To serve when the minister comes to Sunday dinner! This is a superdeluxe version. When instant pudding is thick and glossy, add 2 well-beaten egg yolks. Proceed as above. At serving time, top the trifle with a cap of meringue made of 2 stiffly-beaten egg whites and 2 tablespoons sugar. Set under broiler for just a minute to gild the snowy peaks.

MOCHA CREAM SPONGE CAKE

A renowned combination of flavors, this is put together from bought sponge shortcake layers, ready-whipped cream, and instant coffee, requires absolutely no cooking.

You will need:

sponge shortcake layers
instant coffee
ready-whipped cream
candied fruits or garnish (optional)

Place a shortcake layer on a serving plate. Cover with 1 cup ready-whipped cream. Sprinkle with 1 teaspoon instant coffee (or you may stir the coffee into the cream first). Set the second layer on top. Garnish with swirls of additional ready-whipped cream straight out of the can. This will not be coffee-flavored. You can place here and there, over all, sections of candied pineapple, sliced candied ginger, candied or maraschino cherries, and walnuts.

At serving time:

Cut into small wedges. Since the cake is rich, the portions should not be large. 8–10 servings.

CHOCOLATE MARBLE CAKE

This is a treat that our grandmothers reserved for the most special occasions, but with cake mixes on hand there is no reason why it should not become one of your easiest party specialties.

You will need:

white cake mix
devil's food cake mix
milk
frosting

Prepare white cake mix and devil's food cake mix as directed on the packages. Line with waxed paper the bottom of a long pan about 13 x 9 x 2 inches. Turn both batters into the pan in 2 layers, alternating first plain then chocolate. Then with a knife cut carefully across the pan through the batter just once, in a wide zigzag, to give

a marble effect. Bake in a moderate oven, 350° F., 50 minutes or until done. Frost with any desired frosting.

At serving time:

Marble cake is usually cut into slices and the slices cut in half. This recipe should make about 20 servings. If you wish, you may cut down on the size of the cake by using ½ box of each mix.

SAVANNAH ROSE CAKE

One of the most ancient and delightful of flavoring extracts is that prepared from the oil or attar of roses by distilling the petals of the flower. Even in small towns rose flavoring can often be secured—if not from the grocery store—from the drugstore.

You will need:

white cake mix
rose flavoring
red pure-food coloring
fluffy uncooked frosting

Make up a package of white cake mix and add to it ½ teaspoon rose flavoring and a very little red pure-food coloring . . . only enough to color a very delicate pink. Bake according to package directions. When cake is cool, brush off loose crumbs and frost with a fluffy uncooked frosting, making it either white or tinted the palest pink with pure-food coloring. If you wish, you may use a prepared frosting and color it the same delicate shell-pink.

At serving time:

Place a rose on top of the cake and rose leaves around the cake, or arrange rosebuds and rose leaves in a wreath around the base of the cake.

SOUTH DAKOTA ALMOND RING

A prepared macaroon mix, canned fruit, and instant pudding make swift work of one of the notably elaborate desserts.

This is a cake which is traditionally baked in a ring mold, served with fruit compote and a creamy vanilla-flavored sauce . . . similar to a recipe brought by Swedish settlers to South Dakota.

You will need:

macaroon mix
eggs
bread crumbs
drained canned fruit
instant vanilla pudding
milk
vanilla extract

To a package of macaroon mix, stir in 2 stiffly beaten egg whites, using a knife to do the stirring. Butter a small ring mold and sprinkle with fine bread crumbs. This treatment will prevent the cake from sticking. Place the mixture, which will be quite thick and somewhat crumbly-looking, into the mold. Bake in a fairly cool oven, 325° F., about 15 to 20 minutes, or until a very light brown. Do not overbake. Allow to cool in the tin about 5 minutes. Turn upside down on a cake plate.

At serving time:

Pile into the center of the cake well-drained tart cooked fruit, such as plums or sour cherries. Serve with vanilla sauce made by adding to a package of instant vanilla pudding, 3 cups milk, 2 egg yolks, 1 teaspoon vanilla extract.

Since this cake is very rich, you will want to serve only small pieces to each persons; along with the fruit and the sauce, the recipe should make 8 servings.

TOPPINGS FOR DESSERTS

Chantilly Cream Topping. For all its high-sounding name, this is nothing more than the old favorite whipped sweetened cream. Escoffier says, "Take some fresh and somewhat thick cream, and whisk it until it is sufficiently stiff to span the members of the whisk." There is now available nationally, ready-whipped sweetened cream in squirting jars, a convenience when you want to use a little whipped cream as a sauce or garnish. All manner of seasonings may be added to the cream. To about 1 cup of the mixture add not more than 3

drops of coloring, not more than ½ teaspoon extract or a healthy dash of spices . . . not more than 1 teaspoon rum, brandy, or liqueur. Whatever the purpose of this cream, it should, if possible, be prepared only at the last moment.

Marbled Cream Topping. Chill a small bowl, whipping cream, and a rotary egg beater. Beat 1 cup cream rapidly till it begins to thicken, then, more slowly until it holds its shape. Place cream in serving bowl. Swirl through the cream 2 or 3 tablespoons thin chocolate sauce. Do not pass the chocolate through the cream more than once or the swirl effect will be lost. Place on a cake, on squares, or pass separately. Makes 2 cups.

Penuche Frosting. Make up a package of penuche frosting according to directions, substituting for part of the liquid 1 tablespoon rum or 2 tablespoons sherry wine. Decorate top of the cake with canned walnut halves or almonds.

CAFÉ BRÛLOT SAUCE

The famed spiced coffee of New Orleans provides inspiration for this simple and delicious sauce, which is excellent when poured over babas, sponge cake, or ice cream.

You will need:

sugar
instant coffee
brandy
spices

In a saucepan combine 1 cup sugar, 1 cup water, 1 heaping teaspoon instant coffee, ⅛ teaspoon each cinnamon, cloves, and nutmeg.

Cook over low heat until it boils. Boil three minutes. Stir in ¼ cup brandy.

At serving time:

Keep hot over a candle warmer. Spoon over cake or ice cream.

THINGS TO DO WITH COOKIE MIX

What you add to a cookie mix depends on the mix you buy. Some call for eggs and milk, others just for milk or

water; follow directions on the package. Cookie mixes lend themselves to the making of rolled, pressed, or refrigerator cookies, but the drop cookie is far and away the easiest. Additions and flavorings may be endlessly varied; here are just a few suggestions:

Chocolate Bit Cookies. These resemble the famous Toll House cookies. Prepare mix according to package directions for drop cookies. Add one 6-ounce package semisweet chocolate morsels and, if you wish, ½ cup chopped nutmeats. Drop by teaspoonfuls on ungreased or lightly greased cookie sheets, bake in a moderate oven, 375° F., 12 to 15 minutes. Makes about 4 dozen.

Old-fashioned Oatmeal Cookies. Prepare mix from package directions for drop cookies. Flavor with ½ teaspoon cinnamon, ½ teaspoon ginger; add 1 cup quick-cooking oatmeal, 1 cup raisins if desired. Mix well, then drop by teaspoonfuls on ungreased or lightly greased cookie sheets. Bake in moderate oven, 375° F., 12 to 15 minutes. Remove immediately from cookie sheet.

Mincemeat Rocks. Make up cookie mix according to package directions, using orange juice in place of water or milk. Flavor with 1 teaspoon cinnamon, ¼ teaspoon allspice. Add 1 cup mincemeat and blend thoroughly. Drop by teaspoonfuls on lightly greased cookie sheet and bake in moderate oven, 375° F., about 15 minutes. Makes about 4 dozen cookies.

Hermits. Add to drop cookie batter 1 teaspoon cinnamon and 1 cup coarsely chopped dates, raisins, candied peel or candied fruits, alone or in combination—½ cup nuts if you wish. Bake on lightly greased cookie sheet.

Coconut Cookies. Add to drop cookie batter 1 cup finely shredded coconut.

Coffee Cookies. Add 2 teaspoons instant coffee to cookie mix, plus ½ to 1 cup coarsely chopped almonds or filberts or Brazil nuts.

Maple Nut Cookies. Use maple syrup in place of water or milk and add 1 cup coarsely chopped walnuts or pecans.

BANANA COOKIES

This recipe works best with the type of cookie mix which does not require the addition of eggs. The banana takes the place of liquid.

You will need:

cookie mix
mashed ripe banana or strained banana
powdered clove

Place contents of a 14-ounce package of cookie mix in a bowl. Add ¾ cup finely mashed ripe banana or strained banana and ¼ teaspoon powdered clove; beat until smooth. Drop by teaspoonfuls onto an ungreased cookie sheet and bake in a moderate oven, 375° F., 12 to 15 minutes or until cookies are lightly tinged with gold around the edges. Makes about 4 dozen cookies.

WHAT TO DO WITH BROWNIES

That most American confection brownies is often the first thing many girls attempt. Yet, despite their universal popularity, there is little agreement about what makes a perfect brownie. Some like them thick, moist and tender, like cake; others prefer them chewy, more like fudge than a cookie. Here we offer a number of versions—some require no cooking, others are made from mixes ranging all the way from fudge mix through cookie mixes.

Brownies from a Brownie Mix. At least 2 special brownie mixes are on the market. One is made with cashew nuts, which is rather unorthodox. To the other mix, you add chopped walnuts or pecans. Great reputations have been achieved around the country by women who, when pressed, will admit they use a brownie mix—but in a special way! For truly de luxe brownies, use 2 packages of mix instead of 1. Mix and bake according to package directions, but use the size of pan specified for 1 package of mix, making the brownies twice the usual thickness. Bake 5 to 8 extra minutes, but be careful not to overcook, or brownies may become tough and dry. Cut while still slightly warm and frost with fudge frosting . . . or simply sprinkle with powdered sugar.

Fudge Brownies. A packaged fudge-frosting mix teams with biscuit mix to make some of the finest brownies you ever did eat. Combine 1¼ cups prepared biscuit mix with a 12-ounce package of quick fudge-and-frosting mix (chocolate flavor), 3 tablespoons butter, 2 eggs and ¼ cup milk. Blend thoroughly; add 1 teaspoon vanilla, fold in 1 cup chopped walnuts. Spread

evenly in greased 7-by-12-inch pan; bake at 350° F. for 35 to 40 minutes. Cut in bars while still warm and frost or sprinkle with sugar. Makes about 36 brownies.

Penuches. These are just like fudge brownies just use a 12-ounce package of the penuche quick fudge-and-frosting mix.

Blondies. First cousin to the fudge brownie and much admired. Combine 1¼ cups prepared biscuit mix with a 12-ounce package coconut quick fudge-and-frosting mix, 3 tablespoons butter, 2 eggs, ¼ cup milk; blend thoroughly. Add ¾ teaspoon almond extract, fold in ¾ cup chopped almonds. Spread evenly in greased pan 7 by 12 inches, and bake in a moderate oven, 350° F., 35 to 40 minutes. Cut in bars while still warm. Serve plain for lunch or tea; for a gala party split each blondie into two layers, fill with vanilla ice cream and top with hot fudge sauce.

Icebox Brownies. Wonder of wonders—no baking! They are chilled in the refrigerator. Melt 2 squares unsweetened chocolate in top of double boiler, add a 15-ounce can sweetened condensed milk and stir over rapidly boiling water 5 minutes, until thick. Remove pan from stove; add 2 cups vanilla wafer crumbs or shredded wheat and ½ cup finely chopped walnut meats. Butter a shallow 8-inch pan and sprinkle with another ¼ cup walnuts. Pour chocolate mixture into pan, spreading evenly with a knife which has been dipped in hot water. Sprinkle the top with another ¼ cup walnuts. Chill in refrigerator at least 6 hours. Makes about 16 squares.

GÂTEAU RICHE

Thin, lacelike wafers, easy to make from a macaroon mix. Use magnesium griddle, and they will be easy to remove.

The cakes can be made about 8 inches in diameter with ice cream between two wafers and cut into pie-shaped wedges. Or make the wafers 2 to 3 inches in diameter.

You will need:

butter or margarine
macaroon mix
ice cream
brandy
chocolate syrup

In a heavy, small saucepan melt ½ stick (¼ cup) butter or margarine. Stir in and mix well, 1 cup macaroon mix. Stir over low heat until thoroughly blended.

Grease a magnesium griddle well and flour lightly. Drop batter from a teaspoon 3 inches apart. Bake at 350° F. 10 to 15 minutes or until well spread, lightly browned around the edge and bubbly in the middle. Allow to cool about 1 or 2 minutes to harden a little, but not too long. Carefully loosen around edges and underneath with a spatula. Turn upside down to cool on a paper towel.

At serving time:

Place a slice of ice cream between 2 wafers and pass separately chocolate sauce, which may be made by adding 1 tablespoon brandy to 1 can chocolate syrup. This recipe makes 12 to 16 2-inch wafers. Combined with a pint of ice cream, it will make 6 to 8 servings.

MAGIC PEANUT BUTTER COOKIES

We have often wondered who first discovered the now-famous recipe for practically cookless cookies made from a can of sweetened condensed milk.

You will need:

sweetened condensed milk
peanut butter
raisins, corn flakes,
coconut, chopped dates
or nuts

Combine a 15-ounce can sweetened condensed milk (this is very different from evaporated milk!) with ½ cup peanut butter and blend well. Then add:

for *Raisin Nougat Cookies*—2 cups raisins
for *Corn Flake Macaroons*—2 cups corn flakes or bran flakes
for *Coconut Hermits* 3 cups shredded coconut
for *Nut Drops*—1 cup chopped nut meats
for *Date Cakes*—2 cups chopped dates.

Stir well. Drop by spoonfuls on a lightly greased cookie sheet. Bake in a moderate oven, 375° F., for about 15 minutes. Remove from the pan at once. Makes about 30 cookies.

RUM BALLS

This delicious old-time confection, part cookie, part-candy, requires no baking whatsoever.

You will need:

bread crumbs
sugar
cocoa
salt
allspice
chopped walnuts, pecans or almonds
honey
rum
granulated sugar

Blend 2 cups fine bread crumbs with 1 cup sugar, 2 tablespoons cocoa, ⅛ teaspoon salt, ½ teaspoon powdered allspice, and 1 cup chopped walnuts, pecans, or canned diced buttered almonds. Add 4 teaspoons honey and ¼ cup rum, a little at a time, to the dry ingredients. The mixture will be the right consistency when it holds its shape easily; if it feels too dry to the touch, add a bit more rum. Form into balls (Ping-pong size), roll in granulated sugar, and set aside in a tin box to ripen and mellow—for at least 12 hours. This makes about 48 rum balls which will keep well for several weeks. You may use bourbon whisky instead of rum and be wafted straight to the heart of the Blue Grass country.

TOASTED ANGELS

Not really a cookie, but a very fine sweet to serve with tea or coffee in the afternoon. Maybe it will remind you of your Campfire days.

You will need:

white bread
sweetened condensed milk
shredded coconut

Remove crusts from sliced white bread and cut bread into 1-inch squares. Dip first into a saucer of sweetened

condensed milk, then into a saucer of shredded coconut. Toast over the fire or set under the broiler at low heat until golden in hue. Sounds plain . . . but tastes quite elegant.

D

is for Drama. Drama belongs in the flavoring of food and the serving. It is a good sense of theater which prompts you to add a tablespoonful of gin and a flurry of chopped mint leaves to a can of cream of pea soup, a splotch of Worcestershire Sauce to broiled grapefruit, a sprinkle of rosemary to grilled pork chops.

DESSERTS FOR A FINAL FLOURISH

BROWN BETTY

Although the traditional Brown Betty is made with apples, delicious variants can be made with canned apricots or peaches.

You will need:

crumbs or corn flakes
butter or margarine
canned apples, apricots or peaches
sugar
nutmeg or cinnamon
lemon juice
heavy cream or hard sauce

Mix 2 cups bread crumbs or corn flakes with ¼ cup melted butter or margarine. Cover bottom of buttered baking dish with mixture. Spread 1 cup drained, canned sliced apples or canned apricots or peaches on crumbs. Sprinkle with 2 tablespoons brown or white sugar, ¼ teaspoon grated nutmeg or 1 teaspoon cinnamon, 1 tablespoon lemon juice. Add another layer of fruits, then sugar and spice, and cover with remaining crumbs. Add ½ cup juice from can of fruit. Bake 20 minutes at 375° F. or just long enough to blend the flavors, heat thoroughly, and brown the crumbs.

At serving time:

Bring to the table in the same dish in which it was baked and serve warm with plain thick cream, whipped cream, or hard sauce (which can be bought in jars). 6 servings.

Variation:

Rhubarb Brown Betty. Cover bottom of buttered baking dish with crumb-butter mixture. Top with 1 cup drained, canned, or thawed quick-frozen rhubarb. Sprinkle with 2 tablespoons concentrated quick-frozen orange juice (undiluted). Repeat. Cover with remaining crumbs. If canned rhubarb is used, bake about 20 minutes at 375° F. If quick-frozen, about 30 minutes may be necessary.

STEAMED BROWN BREAD PUDDING WITH HARD SAUCE

You can buy hard sauce in jars, but it's easy to make and delicious to taste, not only on steamed brown bread pudding but for hot cottage pudding, apple pie, or Brown Betty.

You will need:

canned brown bread
butter
confectioner's sugar
milk
vanilla

Remove brown bread from can and steam. Cut in quarters lengthwise and in halves crosswise. Cream ⅓ cup butter, add gradually 1 cup confectioner's sugar, 2 tablespoons top milk slightly warmed, and 1 teaspoon vanilla.

At serving time:

Top steamed brown bread with hard sauce. 8 servings.

Variations:

Add a dollop of sherry, rum, or brandy to the hard sauce. Or, in place of hard sauce, use applesauce and garnish with whipped cream.

QUICK RICE PUDDING

Two or 2½ cups of cooked rice can be used instead of a

package of precooked rice. In either case, this is the speediest pudding you ever encountered.

You will need:

precooked rice
white raisins
instant vanilla pudding
milk
vanilla extract
cinnamon or fresh sliced peaches

Prepare 1 5-ounce package precooked rice according to directions, add ½ cup white raisins. Mix 1 package instant vanilla pudding with 2 cups milk and ½ teaspoon vanilla extract, beating until smooth. Add the rice-raisin mixture to the pudding and mix thoroughly.

At serving time:

Garnish with fresh peach slices or sprinkle with cinnamon. Makes 4 or 5 servings.

Variations:

Use ½ teaspoon orange bitters and ¼ teaspoon nutmeg instead of vanilla.

Boiled vanilla pudding, prepared according to directions, may be used instead of instant pudding.

MIRACLE CHOCOLATE SOUFFLÉ

Strange and marvelous to tell, a package of ordinary bittersweet chocolate pudding mix can be transformed into a soufflé grand enough for the most fastidious gourmet. For speed and drama we use the very quick method of baking and suggest a way to make the soufflé rise high in the center in the manner of the famous French restaurateurs.

You will need:

bittersweet chocolate pudding mix
eggs
milk
sherry or brandy
powdered sugar
ready-whipped cream

Prepare a package of bittersweet chocolate pudding mix according to package directions. Add 6 egg yolks, one at a time, beating well after each addition. Then fold in lightly 6 stiffly beaten egg whites. Flavor with 4 tablespoons sherry or 1 tablespoon brandy, if desired.

To bake, pour mixture into unbuttered, straight-sided baking dish which can come to the table. Pottery is preferred. For the most dramatic effect, fill ⅞ full and make a deep cut all around the mixture an inch from the edge. Set in a very hot oven, 425° F., and bake 15 or 20 minutes. This method makes a soufflé with a crusty top and leaves the center soft.

At serving time:

Shake a little powdered sugar over the top of the soufflé to give it that final professional touch and serve instantly. 8 servings.

Pass separately a sauce made of sweetened whipped cream flavored with a little rum, brandy, sherry, or cointreau. Ready-whipped cream may be used but be prepared to have it "melt down" as soon as it touches anything warm.

Variation:

Miracle Mocha Soufflé. When making up the pudding, add 1 teaspoon instant coffee to the milk and to further increase the volume add ¼ teaspoon baking soda. Serve with Chantilly Cream (see page 171).

OLD DELMONICO DESSERT

Among the favored desserts on the old Delmonico bill of fare were several *pains* of fruit, notably a *Pain de Bananes Havanaise.* This calls for ripe bananas and the juice of oranges, jelly flavored with rum, and a dash of carmine.

You will need:

orange-flavored gelatin
strawberry-flavored gelatin
bananas
white rum
oranges
brown sugar

Make up 2 packages of gelatin desserts, 1 orange and 1 strawberry according to directions. Put 1 cup mashed bananas into orange gelatin; add ¼ cup white rum to strawberry gelatin; chill separately about 7 to 10 minutes or until slightly thickened. Place in layers of about equal thickness in glass bowl or mold.

At serving time:

For an attractive garnish—sliced oranges, thin, thin as wafers, with the peel left on, and a sprinkle of dark brown sugar to blend with the tropical flavors. 8 servings.

PRUNE WHIP WITH SHERRY CREAM SAUCE

Neither the pudding nor the sauce in this pudding requires *any* cooking.

You will need:

strained prunes	lemon juice
egg whites	sugar (optional)

Combine 1 can (½ cup) puréed strained prunes (the kind intended for babies) with 2 stiffly beaten egg whites, 2 teaspoons lemon juice, a few grains of salt, and sugar *if* you like a very sweet pudding.

SHERRY CREAM SAUCE

instant pudding mix	sherry
milk	nutmeg (optional)

For the sauce, make up a package of instant vanilla-flavored pudding mix according to directions; add an additional cup of milk. Flavor to taste with sherry wine and, if desired, a sprinkle of nutmeg.

At serving time:

Spoon the whip into 4 sherbert glasses and pour sauce around the pudding. Garnish if desired with a whole

canned pitted prune, and pass the sauce in a bowl or pitcher.

Variation:

Apricot or Peach Whip with Sherry Cream Sauce. Canned strained apricots or peaches may be used instead of prunes.

CHOCOLATE ICEBOX CAKE

You will need:

whipping cream
powdered sugar
vanilla
chocolate wafers

Whip a cup of cream until stiff. Add 2 tablespoons powdered sugar and 1 teaspoon vanilla. Spread half of this mixture on about ½ pound of chocolate wafers. Pile 1 wafer on top of another in a long roll. Wrap in waxed paper and place in refrigerator several hours to blend.

At serving time:

Cut on the bias to give a stripped effect and serve with the rest of the whipped cream topping.

Variation:

Peppermint Icebox Cake. Use two tablespoons of crushed peppermint candy in place of sugar and vanilla.

COCONUT CUSTARD MOLD

One of the most delicious mixes is coconut cream-style pudding and pie filling. With very little effort it can be made into a dessert of real distinction.

You will need:

coconut cream-style pudding mix
milk
whipped cream, meringue, or fruit for garnish

Make up a package of coconut cream-style pudding according to directions. Pour into a serving dish. Chill.

At serving time:

Garnish with sweetened whipped cream or a meringue made of 2 egg whites whipped till stiff and sweetened with 1 tablespoon sugar. You may also use wedges of canned drained pineapple, canned mandarin orange sections, kumquats in syrup, or slivers of candied ginger. 4–6 servings.

FLORIDA MANGO WHIP

You don't have to live in Florida to enjoy the highly individual flavor of the mango, once described by Marjorie Kinnan Rawlings as "unique and completely superior." Now peeled sliced mangoes come in cans.

You will need:

lemon-flavored gelatin
sugar
mangoes
orange slices

Dissolve 1 package lemon-flavored gelatin in 1 cup boiling water; add sugar. Add ½ cup cold water and ⅔ cup mashed, drained mango pulp. Chill till mixture begins to thicken, then beat until thick and foamy. Place in mold and chill till firm.

At serving time:

Garnish with orange slices. 6–8 servings.

Variations:

Peach or Apricot Whip. Use 2 cans strained peaches or apricots (baby food) instead of mangoes.

FRUIT JELLIES WITH REAL FRUIT FLAVORS

It's folly to expect anything truly fruity from a mere package . . . but try this: Add to each package of gelatin dessert

½ of a 6-ounce tin of concentrated quick-frozen fruit juice, lemonade or limeade concentrate.

Our Nell's Orange Jelly. A jelly made of fresh oranges is a joy so rare and so longed for as to bring tears to the eyes of the English folk. Nell Gwynne is said to have started the trend. She doted so on fresh oranges that the chefs of the court were compelled to find different and elegant presentations of her favorite fruit. Follow the recipe for fruit jelly above; add 2 tablespoons of an orange-flavored Liqueur - curaçao, Cointreau, Triple Sec, or Grand Marnier—and, for the zest of that orange-peel taste, a few drops of orange bitters.

Grape Jelly. Use grape juice concentrate with lemon- or cherry-flavored gelatin dessert.

Tangerine Jelly. Use tangerine concentrate with orange-flavored gelatin dessert.

Any of these may be enhanced still further if you add ½ to 1 cup of fruit purée.

Serve from a crystal bowl—or make into a ring mold, filling the center with sugared fruits or berries, fresh or frozen and not quite thawed. For a pretty touch around your ring, a garland of violet leaves with a faint "frost" of powdered sugar.

JELLIED RING OF FRUITS

In this recipe the frost in the fruit helps set the gelatin.

You will need:

lemon-flavored gelatin dessert
quick-frozen fruit salad or fruit cocktail
kirsch (optional)
fresh berries

Dissolve 1 package lemon-flavored gelatin in 1 cup hot water; add ½ cup cold water, a 12-ounce quick frozen block of fruit salad or fruit cocktail, and 2 tablespoons kirsch. Stir till fruit is thawed and gelatin begins to set. Turn into a serving dish. Swift-chill 10 to 15 minutes in freezer. Put in refrigerator till ready to serve.

At serving time:

Garnish top with lightly sugared fresh berries. 6 servings.

Variations:

Strawberry Ring. Same method as jellied fruit ring, but use frozen strawberries, strawberry-flavored gelatin dessert, 1 tablespoon lemon concentate.
Red Raspberry Ring. Use frozen red raspberries, loganberries, or youngberries, raspberry-flavored gelatin dessert, 1 tablespoon lemon concentrate, and a dash of almond extract.
Brandied Peach Ring. Use same method as for jellied fruit ring, but use frozen peaches, orange gelatin, 1 tablespoon lemon concentrate, and 2 tablespoons brandy.

LITTLE CHOCOLATE POTS

This is a very, very rich and wonderfully good dessert . . . tastes like old New Orleans.

You will need:

milk
custard-flavored dessert mix
eggs
semi-sweet chocolate morsels
instant coffee
Angostura Bitters

Add 3 cups milk to 1 package custard-flavored dessert mix and stir till well blended—off the fire, of course.
Then add 2 egg yolks, slightly beaten, 1 package (1 cup) semisweet chocolate morsels, 1 teaspoon instant coffee, and a dash of Angostura Bitters to cut the sweetness. Stir and cook over low heat till mixture comes to a full boil —about 7 minutes—at which time chocolate morsels will be melted and everything will be lusciously blended.
Pour into 8 to 10 small *pots de crème* or custard ramekins. Cool at room temperature about 10 minutes. Set in refrigerator. Chill.

At serving time:

Serve in their own little containers with angel or chiffon cake; this is the richest dessert you could imagine and a

little goes a long way toward satisfying that sweet tooth. 8–10 servings.

MINT JELLY WITH GREENGAGE PLUMS

Cool as a deep-sea cove—fragrant, refreshing as a mint julep.

You will need:

lime-flavored gelatin
green crème de menthe or green coloring and peppermint or spearmint flavoring
fresh or canned greengage plums

Dissolve 1 package lime-flavored gelatin in ½ cup hot water. Stir till dissolved. Add 1¼ cups ice water, ¼ cup green *crème de menthe* or 1½ cups cold water, 3 drops green coloring, 1 teaspoon peppermint or spearmint flavoring. Swift-chill in shallow pan in freezer 15 to 25 minutes or till set. Run through with fork to make glittering bits. Set in refrigerator till serving time.

At serving time:

Serve with very well-chilled fresh, poached, or canned greengage plums, brushed with a little *crème de menthe,* or use a little plum juice with a few drops of green coloring. Pass the liqueur bottle for those who would add.

To make plums stand upright, place in the center of the dish a stack of macaroons or pieces of cake, slightly moistened with plum juice. Hold plums in place with toothpicks. Decorate with sprays of fresh or crystallized mint leaves.

QUICK LEMON BAVARIAN

You can whip this up the night before that special luncheon.

You will need:

packaged lemon pie filling
strawberries

whipping cream powdered sugar

For 1-quart mold, make up 2 packages of lemon-pie filling according to package directions for lemon pudding; allow to cool a little. Fold in 1 cup heavy cream, whipped. Pour mixture into ring mold, allow to stand in refrigerator for several hours overnight if possible.

At serving time:

Unmold, fill center with sliced sugared strawberries, decorate with whole strawberries dusted with powdered sugar.

REFRIGERATOR JELLY ROLL

This jelly roll is supposed to serve 6, but 4 is our figure. And you don't need to worry about yours, either, because this dessert isn't rich—just good.

You will need:

egg white graham crackers
currant or grape jelly chopped nuts

Add 4 tablespoons currant or grape jelly (¼ cup) to 1 egg white and beat until stiff. Spread on 18 or 20 graham crackers, placing crackers in small piles; form these into an oblong on a plate. Cover top and sides with remaining filling and sprinkle with chopped nuts. Chill in refrigerator at least 4 hours.

At serving time:

Cut crosswise to serve.

TURNED-OUT CUSTARD

Famed not only in France but also throughout the Latin world is a caramel custard known in Florida as a *flan*. With a mix it is possible to make this classic dessert without baking, without eggs, and in a very few minutes. With Zeste Morestin, a bottled caramel syrup, this recipe is incredibly easy and completely fail-proof.

You will need:

Zeste Morestin milk
custard-flavor dessert mix

Into the bottom of a tin or aluminum mold which holds 1 pint, pour about 4 tablespoons Zeste Morestin and place over a slow fire. Cook 2 or 3 minutes until it becomes bubbly and syrupy. Remove from fire. Tilt this way and that way, so that the mold will be coated with the syrup. Cool.
Meanwhile make up a package of custard-flavor dessert mix according to package directions. Pour into coated mold. Chill in the icebox several hours.

At serving time:

Unmold on an attractive plate. Run a knife blade around the edge. Place a plate over the mold and turn upside down quickly, shaking the mold a little to loosen. The rich golden syrup will pour around the mold. If syrup sticks inside the mold heat it for a moment or two and pour it out. 4–6 servings.

WHIPS AND SNOWS

Chilled gelatin whips as magically as the white of an egg. To achieve a proper whipping temperature within 7 minutes, or maybe 10, put the gelatin mixture into a shallow pan or ice tray and set it in the freezer. You needn't add egg whites to a whip, but you'll have more flavor and a more delicate texture if you do. Nor is it necessary to beat egg whites separately and fold them in.

LEMON SNOW PUDDING

You will need:

lemon-flavored gelatin
egg whites

Make up lemon-flavored gelatin according to package directions. Swift-chill till slightly thickened, add 2 egg

whites. Set in a pan of ice cubes and water and whip with rotary egg beater until fluffy and thick like whipped cream.

At serving time:

Serve with a thin custard sauce made with the 2 egg yolks. If you like, you may use a packaged pudding mix, increasing the milk from 2 to 3 cups. Even an instant pudding works. 8 servings.

Variations:

Tipsy Snow Pudding. Follow the recipe above, using orange- instead of lemon-flavored gelatin, and add ½ cup sherry.
Apple Snow. Fold into lemon snow, after it is whipped, ½ cup applesauce: flavor with ¼ teaspoon cinnamon.

For variety, use strained prunes or apricot purée instead of applesauce.
Floating Island. Drop large spoonfuls of snow pudding on to a shallow sea of golden custard sauce.
Floating Heart. At New York's old Ritz Carlton, and now at the Carlton House, floating hearts of snow are a favorite dessert. This is an easy way to do it:

Simply mold Snow Pudding in a heart shape, chill, then unmold upon a wine-flavored custard sauce in which you have hidden halved apricots, strawberries, fresh or frozen sliced peaches, or any other delicious fruit.

BANANA WHIP

Whip together at the last minute—or make it hours ahead and put it in the freezer and serve hard-frozen.

You will need:

canned strained bananas	lemon juice
ready-whipped cream	strawberries

Fold 1 cup ready-whipped cream into about ½ cup (2 baby food jars) strained bananas with 1 teaspoon lemon juice. Top with fresh or frozen strawberries and serve.

PLANTATION AMBROSIA

Down South in the old plantation days no buffet table was complete without a bowl of ambrosia—one of the simplest and most delicious desserts. It is grand for a party or a fine ending for that little dinner for two.

You will need:

orange
banana
shredded coconut
currant jelly (optional)

Cut a large "eating" orange into bits. Slice a banana, toss together with the orange, and add 2 tablespoons canned shredded coconut. Chill.

At serving time:

Serve sprinkled with more coconut and perhaps a glint of currant jelly.

Variation:

Use guava jelly in place of currant jelly. Heighten flavor with a tablespoonful of sherry or Angelica wine.

BLACKBERRIES IN PORT

Here's a simple way to dress up blackberries, loganberries, or youngberries—fresh, quick-frozen, or canned. If you use fresh blackberries, sprinkle 1 pint of berries with 2 tablespoons sugar and 4 tablespoons port. If you use a package of thawed frozen berries or a can of berries, omit sugar; just add port.

Set in refrigerator for at least 1 hour; serve in a pretty glass bowl.

Variation:

Blackberries in Melon Shells. Chill cantaloupe halves and heap with the chilled berries in port. Garnish with mint leaves or top with a spoonful of orange, lime, or lemon sherbet.

CANTALOUPE SUNDAE WITH FRUIT SAUCE

The topping for this sundae—fruit heated with an orange-flavored liqueur—goes equally well over ices or sherbets.

You will need:

frozen strawberries, raspberries, or peaches
curaçao or Cointreau
cantaloupes
ice cream

Heat 1 package frozen strawberries, raspberries, or peaches with 2 tablespoons curaçao, Cointreau, or other orange-flavored liqueur. Halve 2 chilled cantaloupes, clean out the seeds, and heap with ice cream.

At serving time:

Top the ice cream with the heated fruit or pass it separately.

BROILED GRAPEFRUIT SECTIONS

Canned grapefruit sections are a great convenience. Heated with a little sugar and butter and served *flambé*, they make an interesting dessert, first course, or garnish for a roast chicken or baked ham.

You will need:

grapefruit sections
butter
sugar
rum or brandy (optional)

Carefully place drained canned grapefruit sections in a buttered baking dish. Sprinkle lightly with sugar brown or white. Dot with butter. Set under the broiler 4 or 5 minutes or until sugar melts and surface is lightly browned.

At serving time:

Serve warm and, if desired, pour over grapefruit sections a small amount of slightly warmed brandy or rum. Set ablaze with a match. Grapefruit is generally packed in No. 2 cans containing about 2¼ cups. For this purpose

where the segments should be whole, it is best to get the Grade A or Fancy pack. For fruit compotes, etc., broken segments are adequate.

PEACH MELBA

Combinations of fruits and ice cream are myriad, one of the most famous being the combination of a whole peach and a sauce made of red raspberries. Instead of the usual individual serving in a *coupe* or champagne glass, try this dramatic arrangement. If possible, place the tray in ice.

You will need:

vanilla ice cream
whole canned peaches
Melba sauce
canned or quick-frozen raspberries
sherry or brandy
nuts (optional)

On a large silver or glass dish heap a pyramid of vanilla ice cream. Surround with drained whole canned peaches and place on top of the ice cream prepared Melba sauce, to which you have added a tablespoonful of sherry or brandy. You can make your own Melba sauce quickly by placing 2 cups drained raspberries (canned—or frozen berries which have been thawed) and ½ cup raspberry juice in an electric blender or through a food mill. Add 1 tablespoonful brandy or sherry and a little extra sugar if you think it is needed.

At serving time:

Place a peach and ice cream on each dish and pass extra sauce separately; and, if desired, some chopped nuts.

Variations:

Peaches with Eggnog Sauce. Again canned fruit comes to the rescue of the hurried hostess—again everything comes ready-to-eat. Chill 1 can of peach halves, drain and cover with 1 cup bottled eggnog which has been mixed with ½ cup ready-whipped cream. Sprinkle nutmeg lightly over the top.

Louisiana Sherried Peaches. Add ¼ cup sherry to 1 package

frozen sliced peaches. Allow to thaw, stir well, and serve. Delicious . . . and delightfully simple.

Peaches with Vermouth. Spoon individual portions of just-thawed sliced peaches into a sherbet or champagne glass and cover with sweet vermouth. When the peaches have been eaten, tip up the glass and drink . . . the flavor combination is entrancing.

OREGON PYRAMID OF PEARS WITH FROZEN CREAM

Whole canned or halved canned pears may be used for this beautiful dessert. In addition to its other virtues, it is not expensive.

You will need:

canned pears
frozen orange juice or liqueur
vegetable coloring
whipping cream or vanilla ice cream

Drain pears. Save the syrup. Dissolve a little red coloring in 2 tablespoons of pear syrup and with a pastry brush paint a blush on the pears. Place pears on a handsome plate, piling them into a pyramid with the pink cheeks showing. Boil down the pear syrup till it is quite thick and add ¼ cup Cointreau, curaçao, or Grand Marnier, or 1 tablespoon concentrated undiluted quick-frozen orange juice, and pour this syrup carefully over the pears. Chill in the refrigerator.

At serving time:

Serve with frozen cream, *i.e.*, cream which has been turned into a freezing tray of the refrigerator and frozen till it is crystallized but not stiff—about an hour. Of if you wish, pass frozen vanilla cream, *i.e.*, vanilla ice cream to which a little liqueur or orange juice has been added and the whole thing whipped till softened with a fork. A large can of pears makes 6 servings.

HAWAIIAN PINEAPPLE DESSERT

An irresistible Hawaiian dish—nut-covered pineapple slices served with frosty sherbet.

You will need:

canned pineapple slices
honey
chopped nuts or
shredded coconut
lemon or orange sherbet

Drain a can of pineapple slices; dip each slice into a saucer containing ¼ cup honey, allowing excess honey to drop off, and lay in a lightly buttered heat-proof serving dish. Sprinkle with ¼ cup chopped walnuts, unsalted almonds, or shredded coconut. Heat under the broiler, a few inches from the flame. Keep nuts from scorching.

At serving time:

Serve pineapple slices hot, from their own baking dish, at the table. Pass icy-cold sherbet, lemon or orange, in a well-chilled bowl.

Pineapple—Mandarin Style. The old name for tangerine was "mandarin orange." Greatly treasured, very rare they were in grandmother's day when this combination was evolved.

Combine canned or quick-frozen pineapple chunks with fresh or canned tangerine sections and top each serving with undiluted quick-frozen tangerine juice.

Spiced Applesauce. To a can of applesauce add a dash of lemon juice and ¼ teaspoon of cinnamon and nutmeg flavors.

Stewed Prunes à la Mode. To give a new look to the stewed prunes of our childhood—stir 2 tablespoons sherry into 1 can of stewed prunes and serve with ice cream.

Virginia Snapdragon—a Christmas Dessert. Stage a "Snapdragon" when the coffee is served This is a Christmas ritual dating way back to Merrie Old England.

Arrange little heaps of clusters of raisins on a heat-proof platter. Pour on warmed liquor -rum, whisky, or brandy. Turn out all the lights. Gather round the table. Set a match to the brandy. The idea is to snatch as many raisins as possible without singeing your fingers. The more raisins you get, the greater your good luck during the coming year.

STEWED RHUBARB IN ORANGE JUICE

Quick-frozen rhubarb is a miraculous product . . . delicious and uniform in flavor.

You will need:

quick-frozen rhubarb
orange juice
sugar

Cook frozen rhubarb according to package directions but substitute canned or quick-frozen concentrated orange juice for water.

At serving time:

Serve warm or chilled. A 16-ounce package makes 4 servings.

Variation:

Baked Pieplant. Peel and slice 1 orange, lay in a casserole with ¾ cup sugar and ¼ teaspoon orange rind. Top with unthawed package of rhubarb and bake in a hot oven, 400° F., 1 hour.

A QUICK TRIO OF "STRAWBERRIES WITH—"

The undisputed queen of the berries is capable of almost an infinite number of combinations with other flavors, to the enhancement of both. Try these:

Strawberries in Orange Juice. Pour 1 cup orange juice over 1 package almost-thawed strawberries. Let stand for an hour, add 1 tablespoon curaçao or other orange-flavored liqueur, and serve.

Strawberries with Coconut. Leave hulls on a quart of big picturebook strawberries. Dip each berry into 3 tablespoons honey (diluted with a little warm water if honey is too sticky), then roll in 4 tablespoons shredded canned coconut or chopped nuts. Arrange on individual serving plates with a sprig of mint.

Strawberries on Meringue. Fill bake-shop meringues with fresh peach ice cream and top with just-thawed frozen whole strawberries.

STRAWBERRY CROÛTE

In a charming country house in New Jersey we first ate this

extraspecial dish for Sunday brunch: the family all referred to it casually as "Strawberry Kraut." It wasn't until months later that we discovered its true French name and origin, which is *croûte*, referring to the bread.

You will need:

white bread
butter
fresh or frozen strawberries

Fry a piece of white bread in butter, tanning one side, then the other. Spoon over it a generous quantity of sliced sweetened strawberries, fresh or frozen.

At serving time:

Eat with joy . . . endless cups of coffee will be called for. The effect is very much like a delicious, strawberry-topped waffle. Other berries or applesauce may be used instead of strawberries.

WATERMELON FOR A PARTY

When watermelon time rolls around and you're planning on 10 or 12 guests, this watermelon fruit bowl will be the talk of the party.

You will need:

watermelon
frozen peaches or apricots
frozen berries
apricot or orange sherbet
champagne or ginger ale

Buy ½ watermelon cut the long way; chill it well Using a baller, scoop out little balls of the watermelon. Return the balls to the watermelon shell along with 1 package each of thawed quick-frozen peaches or apricots and berries (raspberries, blackberries, blueberries, or what-you-will). Top with a quart of apricot or orange sherbet and pour on 1 cup chilled champagne or ginger ale.

At serving time:

Bring the watermelon fruit bowl to the table on your prettiest tray, wreathed with leaves and flowers.

MEXICALI FRUIT BOWL

An elegant fruit dessert with a Latin American accent.

You will need:

apple
banana
orange
frozen strawberries
frozen pineapple chunks
brandy
orange-flavored liqueur (Cointreau, curaçao, or Triple Sec)
almonds

Cut up an apple, an orange, and a banana and add to 1 thawed package each of quick-frozen strawberries and pineapple chunks. Add 2 tablespoons brandy and 2 tablespoons orange-flavored liqueur. Cover and chill 30 minutes or longer.

At serving time:

Sprinkle with halved almonds. 6 servings.

BAKED FRUIT

If you have various kinds of left-over canned fruits or if you keep small picnic-size cans of fruit on the shelf, you will enjoy this delicious compote.

You will need:

canned fruits
brown sugar
rum (optional)
lemon
whole cloves

In a pyrex baking dish arrange layers of drained canned fruits. Sprinkle each layer lightly with dark brown sugar and, if desired, a couple of tablespoons or rum. Over the top of the casserole arrange thin slices of lemon, each slice pierced with a single clove. Bake in a moderate oven, 375° F., about 15 minutes or until thoroughly warm.

At serving time:

This compote may be served either warm or chilled. If warm, you may wish to serve it *flambé* with a little

slightly warmed rum poured over the fruit at the last minute and set ablaze. Number of servings depends on amounts of fruits used.

MADEIRA WINE JELLY

Our ancestors in Virginia, the Carolinas, and on the eastern shore of Maryland considered a fine wine jelly a most exquisite ending to a rich meal. Most famous was that made of Madeira . . . and it was no mean achievement to prepare from leathery sheets of gelatin and fruit juices a jelly that would be delicate, limpid, and deep but not too darkly hued.

This is infallible:

You will need:

Madeira wine orange-flavored gelatin dessert

Dissolve 1 package orange gelatin dessert in ½ cup hot water. Add 1 cup cold water, ½ cup Madeira wine Turn into shallow serving bowl; swift-chill in freezer 15 minutes, then set in refrigerator till ready to serve.

At serving time:

Serve with "thick yellow cream," whipped cream, or boiled custard sauce made from a package of custard-flavored pudding mix (see package directions).

Variations:

Marsala, Malaga, and Tawny Port Wine Jellies. They are all made like Madeira.

Ruby Port Jelly. Uses cherry-flavored gelatin dessert, port wine.

Sherry Jelly. Use either orange or lemon gelatin dessert and sherry wine.

Red Wine Jelly. Dissolve 1 package strawberry-, raspberry-, or cherry-flavored gelatin dessert in ½ cup hot water. Add ½ cup ice cold water, 1 cup red table wine (such as Burgundy, claret, or chianti). This is particularly delicious with sliced sugared fruits and berries, either fresh, canned, or frozen.

White Wine Jelly. Follow the recipe for red wine jelly, using lemon flavored gelatin dessert and a white table wine (sau-

terne, Hock, Riesling, or Moselle). Serve with sliced peaches, grapes, and melon balls.

Champagne Jelly. Follow the recipe for white wine jelly, using champagne; add 1 tablespoon brandy and/or 1 tablespoon curaçao. Serve with fresh, poached, or canned whole peaches or apricots.

Ohio Ginger Ale Jelly. Dissolve 1 package lime gelatin dessert in ½ cup boiling water. Add 1½ cups chilled ginger ale. Place melon balls or sliced pears in the jelly and serve alongside.

BAYOU COUPE ST. JACQUES

A *coupe* is nothing more than a dressed up sundae served in tall, narrow parfait glasses, or wine or sherbet glasses.

You will need:

canned or quick-frozen fruit cocktail or a combination of fresh fruits
lemon or orange sherbet
Cointreau (optional)

Chill thoroughly and drain canned fruit cocktail or thaw quick-frozen and drain. Place 1 or 2 tablespoonfuls fruit in the bottom of a tall glass. Add a scoop of orange or lemon sherbet.

At serving time:

Garnish with a bit of fruit and a wisp of whipped cream or make a small depression in the top of the ice and pour on a teaspoon of Cointreau or other orange-flavored liqueur.

VANILLA MOUSSE

A mousse is the simplest of frozen desserts and this one is the beginning of a whole family of excellent finales.

To make enough for 3 or 4, whip ½ cup chilled cream until stiff (don't overbeat and don't let the cream or even the bowl get warmish or you'll end up with butter). Add to cream, 1 tablespoon of sugar, a dash of salt, and ¼ teaspoon

of vanilla or your favorite flavoring. Or use 1 cup ready-whipped cream. This is already sweetened. Freeze without stirring in the refrigerator tray with controls turned to coldest. This should be ready in an hour. Overlong freezing makes a mousse icy.

Add any of the following to the basic mousse before freezing.

Almond Mousse. Add ½ cup chopped almonds and 1 tablespoon sherry.

Blackberry Mousse. Add ½ cup mashed blackberries and a few drops of lemon juice. Berries may be fresh, canned, or frozen. If canned or frozen, drain off the syrup.

Nut Mousse. Add a couple teaspoons finely chopped nuts. Brazil nuts, pecans, and/or walnuts are particularly good.

Peach Mousse. Add ¼ cup mashed peach pulp, fresh, canned, or frozen, and ¼ teaspoon almond extract.

Peanut Brittle Mousse. Add a couple of tablespoons of finely crushed peanut brittle; use no sugar.

Pineapple Mousse. Use ¼ cup crushed pineapple, well drained, and a few drops of lemon juice.

Strawberry Mousse. Add ½ cup drained fresh or frozen strawberries or strawberry jam or preserve and a dash of lemon juice. For an extra-festive dessert, add a couple of tablespoons of chopped almonds.

Raspberry Mousse. Use ½ cup fresh or frozen raspberries.

Maple Mousse. Sweeten mousse with 1 tablespoon maple syrup instead of sugar. Add 2 tablespoons chopped Brazil nuts, a speck of salt and ¼ teaspoon vanilla.

Mousse of Marron Glacé. From a jar of *marron glacé* (a French confection), use ¼ cup of the cut-up marrons and 2 tablespoons of the syrup. If the syrup is not vanilla-flavored, add ½ teaspoon vanilla.

Biscuit Tortoni. An excellent, easy version of a famous dessert is made by tossing 3 tablespoons of dried crushed macaroons into mousse mixture . . . for flavoring use 1 tablespoon sherry.

GOSHEN APPLE MINT MOUSSE

New York State apples are famous for their fine flavor. A good deal of the canned applesauce has a fine flavor, too, but is enhanced with a dash of lemon juice.

You will need:

canned applesauce
peppermint extract

sugar
lemon juice
mace
salt
green vegetable coloring
whipping cream

Combine 1 can applesauce with ½ cup sugar; stir well until sugar dissolves. Add 1 tablespoon lemon juice, ⅛ teaspoon mace, ½ teaspoon peppermint extract, and a few grains of salt. Tint pale green with a few drops of vegetable coloring. Fold into 1 cup of whipped cream. Freeze until firm.

At serving time:

This must come straight to the table from the freezer, as it is "perishable" at room temperature. Try serving it from an ice bucket or other insulated container. 6 servings.

ICE CREAM PARFAIT

Now that so many people have frozen-food cabinets or freezing compartments, small amounts of various kinds of ice cream and sherbets are likely to accumulate. Here is a fine way to make a dessert from these left-overs.

You will need:

two or more different kinds of ice cream or sherbet
ready-whipped cream
almond extract
pink coloring

Place in a tall glass or a wine glass various kinds of ice cream or sherbet. Top with ready-whipped cream to which has been added a little almond extract and a few drops of red vegetable coloring. Be careful to use very little so as to achieve a soft pink color.

At serving time:

Garnish with almonds and serve on a pretty dessert plate with a lace paper doily under the stem of the glass. Lady fingers or macaroons are delicious with this parfait.

STRAWBERRY PARFAIT

The parfait recipes of our grandmothers' day were frighteningly long and complex. Now you can make all kinds of parfaits by adding fruit-flavored gelatin dessert mixes to ice cream.

You will need:

strawberry-flavored gelatin dessert
sherry
strawberry ice cream

Dissolve 1 package strawberry-flavored gelatin dessert in 1 cup hot water. Add 1/3 cup sherry. Add 1 pint strawberry ice cream by large spoonfuls, beating with a rotary beater until melted. Swift-chill in the freezer about 20 minutes or until firm. Keep in the refrigerator compartment until serving time.

At serving time:

Garnish as merrily as you please with fruit, nuts, candies, or macaroons. 4–6 servings.

Variations:

Pineapple Parfait. Use lemon-flavored gelatin, vanilla ice cream, ½ cup drained, crushed, canned pineapple. Never use fresh or frozen pineapple in a gelatin dessert; there is an enzyme present which prevents the gelatin from setting.

Coffee Parfait de Luxe. Use 1 package orange-flavored gelatin, ¾ cup boiling water, 2 tablespoons instant coffee, ¼ cup brandy, 1 pint vanilla ice cream. The ice cream should be blended with a rotary beater by spoonfuls until melted. Swift-chill about 20 minutes, then put in refrigerator. Garnish with sweetened whipped cream, flavored with a bit of instant coffee, *crème de cacao* or a coffee-flavored liqueur such as *crème de café* or Jamaican Tia Maria.

SNOWBALLS

You will need:

ice cream
grated coconut
chocolate sauce

To make this glorified fudge sundae, dip squares or balls of vanilla ice cream in freshly grated coconut. Serve with chocolate sauce.

Variation:

Coffee Snowballs. Use coffee ice cream instead of vanilla.

SUNDAES ON FIRE

The Holland-Dutch have something like this, but this particular sundae "invented" by the owner became the rage of a large drugstore chain.

You will need:

ice cream
garnishes
marshmallow
lump sugar
lemon extract

Decorate and garnish ice cream with whole or chopped walnuts, chocolate sauce, maraschino cherries, fruits, or whipped cream. Place a marshmallow on top of each sundae; into the marshmallow press a lump of sugar which has been dipped for a second into lemon extract. Set fire to the sugar lump, which will in turn toast the marshmallow.

AND HAVE YOU TRIED . . .

Rum Punch Royale. Cool, light, and refreshing Rum Punch Royale is nothing more than store-bought lemon ice served with a teaspoon of Jamaica rum. Make a little depression in the center of each portion and pour in the rum.

Sweet Marbled Ice Cream. Stir about ½ cup of jam or preserves haphazardly into a pint of vanilla ice cream so that there will be bright stripes all through the cream. Set the mixture in the refrigerator tray until time to eat. 4 servings.

E

is for Ease. Even if you are not using prepared foods, there are often two ways to do things: the old hard way and the new easy way. The latter we have been tracking down. You will find, for instance, that most recipes call for heated milk in custards. We make them with cold milk and they're better and quicker. For pudding sauces, we use prepared pudding mixes. For mushroom sauce, mushroom soup and often a dash of sherry. You get the idea and, once started, you'll think of dozens of others—probably lots better than ours.

EGGS MANY GRAND WAYS

HOW TO MANAGE A GOOD EGG

OUR TITLE REFERS, not to that terribly nice young man you've promised to love, honor, and cook for, but to eggs with shells and golden eyes.

An egg is wonderful food at almost any hour of the day or night. It's easy to come by, quick to cook, and easy to handle if you know a few simple rules.

To Boil an Egg, Don't—It may sound paradoxical but it's true that boiled eggs should not be boiled—boiling makes them tough and indigestible. Rather, they should be cooked in water not quite hot enough to bubble violently. How long to cook a soft-boiled egg is a moot and personal question. Three minutes in a pan of water just this side of boiling gives you a very soft egg. Most people prefer the 4- or 4½-minute egg. As soon as the time is up, dip eggs in cold water to stop the cooking. If you are preparing a number of eggs it's a chef's trick, and a good one, to lower eggs in a sieve or colander into the water. Cook, then lift the colander and pour on the cold water.

For a neat, even break, give the soft-boiled egg a quick, sharp rap with a knife-blade, put one thumb on each side of the crack and gently pull. (This applies to raw eggs, too.)

For hard-boiled eggs (which home economists now call hard-cooked) 15 minutes should be enough. Prolonged cook-

ing may cause a dark ring around the yolk. Another thing to remember: if hard-cooked eggs are immediately denuded of shells and cut with a silver knife, you'll never have to worry about discoloration.

Pretty Soft Eggs. Maybe you like any kind of eggs for breakfast so long as they're soft-boiled. You can still add the tang of variety, the spice of difference. Here are ideas:

Have butter on hand to add to the eggs. Sometimes add a touch of heavy cream.

Keep the pepper mill handy. Freshly ground black pepper is perfect with eggs. Or put allspice berries in a grinder instead of peppercorns.

To coddle an egg, place it in a pan of boiling water and let stand, covered and away from the heat, for 10 minutes.

BAKED EGGS

You can use this recipe every which way. Add a little diced ham or chopped crisp bacon, lightly cooked frozen asparagus tips, canned or frozen peas, or grated cheese; or use ketchup, cream of mushroom or cream of celery soup instead of regular cream.

You will need:

butter heavy cream
eggs

Butter custard cups or oven-proof ramekins. Drop 1 egg in each and pour on 1 tablespoon heavy cream. Sprinkle with salt and freshly ground black pepper. Set cups in a pan which contains ½ inch of hot water and bake in a medium oven, 350° F., for about 10 minutes, taking the eggs out of the pan as soon as the whites are set.

At serving time:

Serve promptly; we can't say it too often: eggs will not be kept waiting.

HIALEAH EGGS FLAMINGO

Unlike the famous birds at Hialeah race track, this dish will not lose its color in captivity!

You will need:

cooked ham or lunch meat
eggs
cream
ketchup or chili sauce

Butter well small oven-proof baking dishes or shallow custard cups. Cut ham into bits about the size of a dime. Break the egg on top of the meat. Now for another layer of ham bits, a sprinkle of salt and pepper, a generous tablespoonful of cream, and 4 dots of ketchup or chili sauce. Set the dishes in a slow oven, 325° F., or put them in a pan of hot water on top of the stove. Cook till the eggs are as done as you like them. Eat them from the same dish.

At serving time:

Given Eggs Flamingo, some fruit, and fresh asparagus with heated rolls and coffee—life *can* be beautiful!

FRIED EGGS

A yellowed clipping from some bygone Sunday supplement, listing "Five Things Every Bride Should Know," gave egg-frying equal status with button-sewing. Yet anybody, at any time, should be able to fry an egg properly . . . which makes it all the more amazing that cooks so seldom do. It's not difficult; it's almost too simple. Just be sure to keep the flame low, for high heat toughens eggs.

It's unnecessary to heat the pan beforehand. Simply put 1 tablespoon butter, bacon fat, or drippings into the frying pan, melt. Slip in 1, 2, or 3 eggs, being careful not to overcrowd the pan (otherwise it may be difficult to remove the eggs). Cook over low heat until white is opaque and firm.

Sunny-side Up. When the egg is served at the above point of cooking. Salt and pepper are usually sprinkled on the eggs just before they go to the table.

Once Over Lightly (easy over). Turn eggs over with a spatula or pancake turner and cook briefly on second side. If the pan seems a bit dry, add a little extra fat just before turning to keep eggs from sticking.

Pan-poached in Butter. Cook the same as fried eggs, without turning, but cover closely; this will cause a light white coating

to form on top of the eggs. Even richer is a fried egg over which fat from the pan is gently basted to cook top as well as bottom of eggs.

At serving time:

> There's no sure way to keep from breaking yolks, but a wide spatula will help. Or you can beg the question by investing in the kind of frying pans which look attractive at the table.

Ham'n'Eggs. If America had only one national dish, this would probably be it. It is the one dish that is often superbly cooked in diners. You can, of course, fry your ham and your eggs separately and serve them on one plate, but this is not the true American style.

In most sections of the country you brown a ½-inch slice of raw ham in ham fat or butter, cooking one side. Turn over, start browning on the other side, then break eggs into the pan. The whites of the eggs will skitter across the skillet and form a bond with the near edge of the ham as they cook. Use thick slices of Canadian bacon in the same manner; use cooked ham, boiled or baked, to shorten cooking time.

Frizzled Ham'n'Eggs. Use thin sliced boiled ham, such as you get at the delicatessen. Brown momentarily in butter, turn over, break egg over the ham and serve as soon as egg is set. Be careful not to cook this type of ham too long, or it will taste like brown paper.

Bacon'n'Eggs. Use a *cold* frying pan and very low heat. Arrange bacon slices in the pan and turn occasionally. If the fat becomes too deep, pour it off and save every drop. Bacon is easily overcooked, so just before it appears to be really done take up the slices with a fork and drain on a paper towel. Arrange as a border on a platter with fried eggs.

When you're serving a number of people, you can broil a number of strips of bacon at once. Place the strips on the broiling rack in a heated oven, turn the heat down low and cook for 5 to 10 minutes without turning. Again, be sure to pour the fat into a jar or tin; there are any number of recipes that call for bacon drippings to add a distinctive flavor.

FRENCH OMELET

A mass of tradition and superstition has grown up around the French omelet. People speak of it in whispers as if its

making were black magic. Some will tell you that you must have a special omelet pan, used for nothing else. ('Tain't so.)

You will need:

eggs butter
milk, cream, or water

Beat 4 eggs slightly with a fork, just enough to blend the yolks and whites: add 4 tablespoons milk, cream, or water, ½ teaspoon salt, and ⅛ teaspoon pepper. Melt 2 tablespoons butter in a heavy frying pan of fairly generous proportions, and when it is bubbling but not brown, pour in the eggs. Cook *slowly* and as the omelet cooks lift it around the edges with a knife or pancake turner so that the uncooked part runs underneath. Do not cook too long.

At serving time:

To fold an omelet make a little cut top and bottom of the circle and flip it over. Be wary of making too large an omelet it is better to make 2 or 3 small ones than try to wrestle with 1 large one.

Variations:

Ham or Bacon Omelet. Before pouring the egg mixture into the pan, add 4 tablespoons diced cooked ham or 4 slices finely crumbled cooked bacon.
Cheese Omelet. Add 2 tablespoons grated cheese to the mixture, or sprinkle on just before folding.
Asparagus Omelet. Heat left-over asparagus tips in butter and use to fill omelet before folding and serving.
Jelly Omelet. Omit pepper and reduce salt to ¼ teaspoon. When cooked, spread with jelly (try currant), jam, or marmalade and fold.
Chicken Omelet. Heat 1 cup canned or frozen chicken à la king; lay between folds and around the omelet.

MINNESOTA BAKED TONGUE OMELET

Of Swedish origin, this is called an omelet but comes close to being a custard. Unlike the traditional custard-baking

methods, however, this uses the new, short process, and the hot oven cuts cooking time to a fraction.

You will need:

eggs	tongue
milk	butter

Beat 6 eggs with a fork and stir in 2 cups milk, ½ teaspoon salt, and a dash of pepper. Line the bottom of a well-buttered shallow casserole with 1 cup diced cooked tongue and pour on egg mixture. Bake in hot oven, 400° F., for about 18 minutes or until a silver knife inserted into the casserole comes out clean.

At serving time:

Bring casserole to the table immediately. 4-6 servings.

Variations:

You can use smoked bacon, anchovies, or smoked salmon instead of tongue; but all of these are salty, so be sure to eliminate the salt from the egg mixture.

BAYOU ORANGE OMELET

Very like a soufflé is a puff omelet cooked on top of the stove, made with concentrated quick-frozen orange juice flamed with rum and sprinkled with powdered sugar. This is an inspired solution to the problem of—nothing-in-the-house-for-dessert.

You will need:

eggs	butter
concentrated quick-frozen orange juice	sugar
	rum

Beat separately yolks and whites of 4 eggs. The yolks should be beaten until thick and daffodil-colored . . . the whites until stiff. To the yolks add ½ teaspoon salt, 1 tablespoon concentrated (undiluted) quick-frozen orange juice. Gently fold in the stiffly beaten whites. Heat an

omelet pan or heat-proof serving dish. Butter the sides as well as the bottom. Ladle the egg mixture into the pan, cook slowly but do not lift the edges as for a regular French omelet. As soon as the omelet is puffy and a delicate brown around the edge place in 375° F. oven or 3 inches away from the broiler in order to brown the top. To judge if the omelet is sufficiently cooked touch it with your finger. If the finger stays clean it is done.

At serving time:

You need not fold this type of omelet but merely sprinkle with powdered sugar. Slightly warm 4 tablespoons rum, set a match to the rum, and pour blazing around the omelet. Serve immediately.

Variations:

Hawaiian Omelet. In place of orange juice, use quick-frozen pineapple concentrate.
Plain but Puffy Omelet. For a puffy omelet *per se*, use 4 tablespoons hot water in place of fruit concentrate and omit rum and sugar; now it's just another interesting way to vary your breakfast eggs.

SPANISH OMELET

Here is a substantial dish that's usually served as an entree at lunch or supper.

You will need:

canned condensed tomato soup
red or green pepper
canned broiled-in-butter mushrooms (optional)
French or puffy omelet

Heat one can condensed tomato soup, undiluted, in top of double boiler with 1 tablespoon finely cut red or green pepper and, if you desire, 1 or 2 tablespoons canned broiled-in-butter mushrooms.

At serving time:

Pour inside the fold and around a French or puffy omelet.

Variation:

Sauté 1 small minced onion in 1 tablespoon of butter for 5 minutes and add to tomato mixture.

POACHED EGGS

Basically, the poached egg is simply a soft-boiled egg which has been cooked outside its shell. To prepare on top of the stove, add 2 tablespoons vinegar to frying pan ¾ full of gently boiling water. Break each egg separately into a saucer and slide it into the water, spooning a bit of water over the top. Use a low heat, so that water barely simmers, and when whites look firm, lift eggs carefully out with a pancake turner or draining spoon. Drain thoroughly and set egg onto hot buttered toast, spinach, or corned beef hash.

Oven-poached Eggs. You may find oven-poaching even simpler. Butter generously individual ramekins or custard cups, break 1 or 2 eggs into each, and cook in a moderate oven, 350° F., for about 6 minutes. For a white veil over the yolks, cover the cups with a cookie tin.

Eggs Poached in Muffins. In place of ramekins or cups, use hollowed-out halves of English muffins. Oven-poach the eggs right in the muffins and top with a can of Welsh rarebit which has been thoroughly heated.

SCRAMBLED EGGS

Eggs are most commonly scrambled in a heavy frying pan. Stir up eggs, with or without milk or cream (1 tablespoon to an egg) and season with salt and pepper. Melt 1 tablespoon butter in pan, add eggs, and cook slowly, stirring with a wooden spoon. Remove from fire before you think they are quite ready.

Double boiler. The double-boiler method also has many devotees. Omit the cream and stir egg mixture gently in top of double boiler over hot water until barely set.

Country-style. Country-style means one less bowl to wash; you break the eggs and drop them directly into the frying pan. Then break the yolks with a fork, cook slowly until white is

almost set, and stir well with a fork. Season with salt and pepper and serve.

Variations:

You can dish up scrambled eggs for years without serving them the same way twice. Sprinkle onion flakes, parsley, or both, plus a dash of Worcestershire, into the egg mixture. Or add, using a tablespoonful for each egg, grated cheese, canned minced chicken, dried beef or ham, or minced chives. You can serve scrambled eggs with . . . asparagus, fried mushrooms, grilled tomatoes, fried ham, or chicken à la king. You take it from there—and improvise.

SMITHFIELD SHIRRED EGGS

When you must have Style with a capital S and with the least possible time and work, try this:

You will need:

butter or margarine
deviled ham spread
eggs
cream
Madeira or sherry wine
beef extract

Butter 4 custard cups generously. Completely line each cup with deviled meat spread or any good ham pâté. Slide an egg into each custard cup. Pour on 1 tablespoonful of cream. Cover and set the cups in a moderately slow oven, 325° F., until eggs are set.

At serving time:

Serve with a wondrous wine sauce made in a trice by heating 6 tablespoons sherry or Madeira wine with 2 teaspoons beef extract.

BLUSHING BUNNY

This is a wonderful hurry-up dish just toss together a green salad, chill some fruit for dessert you can still make the first show at the neighborhood movie.

You will need:

canned condensed tomato soup
milk
American cheese
prepared mustard
eggs
toast

Combine 1 can condensed tomato soup with ½ cup milk, 1 cup sharp American cheese finely cut or shredded, ½ teaspoon prepared mustard, and 2 well-beaten egg yolks. Heat over low flame, stirring constantly until cheese is melted and mixture is thickened. Fold in 2 stiffly beaten egg whites.

At serving time:

Serve immediately on toast, crackers, or toasted English muffins. 6 servings.

RAREBIT OMELET SOUFFLÉ

An unusual chafing dish specialty starts with a tin of Welsh rarebit. Like any omelet, it is cooked on top of the stove, finished in the oven or under the broiler. Use a pan that can come to the table. If the mixture fills the pan about ⅞ full, the omelet will puff around the edges like a soufflé.

You will need:

canned Welsh rarebit
eggs
herbs for seasoning
butter

To a tin of Welsh rarebit add 4 very well-beaten egg yolks, ½ teaspoon mixed dried herbs, such as parsley, marjoram, basil, fennel, or tarragon, and ½ teaspoon salt. Mix thoroughly with a rotary beater and fold in gently 4 stiffly beaten egg whites. Melt 2 tablespoons butter in the bottom of your pan. Turn egg mixture into pan. Cook over moderate heat until it begins to look dry. Place under the broiler or in a hot oven to puff and brown.

At serving time:

Have everybody seated at the table, the plates warm and

waiting. Rush the omelet soufflé from the broiler and serve immediately. 4–6 servings.

WESTERN EGG SANDWICH

When you're alone for lunch—try this:

You will need:

onion	egg
butter, ham, or bacon fat	water, milk or cream
green pepper (optional)	bread or toast

Thinly slice a very small onion or ½ of a medium-sized onion and cook in a small frying pan in 1 tablespoon butter, bacon, or ham fat until tender and golden, with 2 tablespoons chopped green pepper, if desired. Turn into the pan 1 or 2 slightly beaten eggs, 1 tablespoon water, milk, cream, or sour cream. Season with salt and pepper. Cook over low heat until firm. Turn and cook on the other side for about 1 minute.

At serving time:

Place between 2 slices buttered bread or lightly browned toast. To make eating easier the sandwich could be cut in half diagonally, or in quarters if you wish, and each of the pieces speared with a toothpick. The toothpick may be topped with a stuffed olive or a bit of pickle. Makes 1 hefty sandwich.

F

is for Flavorings. Go to town on spice. In addition to salt and pepper in a grinder, of course have on hand cinnamon, nutmeg, ginger, and allspice. Keep a little pot of chives, parsley, and maybe tarragon on your window shelf. There is no truer sign of a culinary artist. If you can't have fresh herbs, resort to the dried variety. Be careful not to use too much ⅛ teaspoon for two portions of soup or stew is a good guide. Get acquainted with seeds of various kinds for delightful and unhackneyed effects. Mix caraway seeds with cream cheese spreads. Try a flicker of poppy seeds on plain noodles, and a sprinkling of celery seeds in potato salad.

A FINE DISH OF FISH

IN THE OLD DAYS you had to go to Maine to eat a Maine lobster or travel practically to the Pacific Coast to enjoy Columbia River salmon. The first light of an expanding horizon came with the canners, who concentrated on cooked, flaked fish. Refrigerator cars were another step forward, but the cook in remote regions still had to depend on her own knowledge of "freshness"—and fish spoils quickly.

Today's quick-freezing processes have changed all that. Almost every food store has a freezer packed with fish and shellfish, whole and filleted, raw or cooked . . . from all parts of the country *to* all parts of the country. It's the top of the catch and fresh as a sea breeze. On the larger fishing boats the catch is cleaned, filleted, and frozen as it comes aboard, and is stored in refrigerated compartments until the return to port.

A 1-pound fish which has been cleaned makes satisfying portions for 2 people. And fish fillets—those boneless, skinless pieces slit off either side of the backbone—generally make 3 servings per pound.

Quick-baked Fish Flambé. Put your fish, fillets or steaks, into a buttered shallow baking dish. Spread with melted margarine or oil, sprinkle with salt, pepper, paprika, and a few buttery crumbs Bake in a hot oven, 450° F., until done—about 30 minutes.

At the table pour a couple of tablespoons of slightly warmed whisky over your baked fish. Ignite and serve as it burns. This is one of the most festive of Friday dishes.

Baked Stuffed Fish. Looks and tastes elaborate, and so simple to prepare if you use packaged stuffing. Simply rub a nice clean fish, haddock for instance, with salt. Place in a well-greased pan and fill the middle of the fish with stuffing moistened with tomato juice or water. Sprinkle the top of the fish with a little of the stuffing and brush with oil or butter, or if you have some, lay on slices of salt pork. Bake in a hot oven, 450° F., for about 30 minutes.

HOW TO BROIL OR GRILL FISH

There's a little more to broiling fish than lighting the broiler and shoving the fish in! The broiler should be preheated for 10 minutes. Very thin fish should stand 1 minute in the salt-water bath; thick pieces, 5 to 8 minutes. If fish is quite thick, it's often a good idea to cut little slits in the flesh on each side; this hurries up the cooking.

Now oil the heated broiler pan with salad oil. Brush the fish with oil, or use melted butter. Place the pan of fish, skin side up, under broiler, about 2 inches from heat. At the end of 5 minutes the skin will begin to bubble and brown. Keep cooking till it is speckled with dark brown bubbles. Turn fish just once, but brush with oil several times during the broiling. This takes from 6 to 12 minutes.

Fine for broiling are salmon, halibut, or swordfish steak or a split mackerel. Serve with tiny boiled potatoes and Lemon Butter Sauce.

Lemon Butter Sauce. Cream 1 tablespoon butter with 1 tablespoon lemon juice. Add 1 tablespoon finely chopped parsley.

HOW TO PAN-FRY AND OVEN-FRY FISH

Some say sauté. Others refer to this speediest of fish treatments as pan-frying. Whichever you call it, only the slightest amount of oil or butter, 2 to 3 tablespoons, is needed. Heat fat slowly in heavy frying pan. Use portion-size pieces of fish; sprinkle with salt, pepper—a little paprika, maybe! When the fish is golden on each side, take it up, squeeze a little lemon juice thereon, and keep in a warm place.

Meanwhile, put a small piece of butter into the pan in which the fish was cooked. When it has become slightly browned and gives forth a lovely nutty fragrance, pour it quickly over the fish and serve while the butter is still foamy.

All sorts of garnishes may be added and tossed around in the butter sauce; thin slices of orange, white seedless grapes, chopped almonds, or bits of mushroom.

Fish fries up something wonderful in the oven—needs no watching, gives forth no odor. Dip first in salted milk, cover with breadcrumbs mixed with melted fat or salad oil. Put in an oiled pan, cook in a very hot oven, 500—600° F., for 10 minutes. One turn is all that is needed. Takes a mere 15 minutes.

FISH'N'CHIPS

If you yearn for fish with a crisp, golden crusty jacket and a beautiful snow-white interior, this deep-fry method is your type.

Best of all for this is oil or unsalted shortening—butter won't do. Heat the fat in a heavy pan to 370° F. so hot that a bit of bread will brown in 20 to 25 seconds. Be sure there's enough fat to cover fish completely. Meanwhile, dip the pieces of fish fillet in water, then in flour. Or you can dip them first in beaten egg, then in well-salted and peppered flour or corn meal or cracker meal. Drop only a few pieces at a time into fat and cook to an even gold; 8 minutes should suffice. Place fish to drain on brown wrapping paper. Have French-fried potatoes, coleslaw, and tartar sauce.

Quick Tartar Sauce. For one-minute Tartar Sauce use a couple of tablespoons of Hellman's Mayonnaise and 1 tablespoon India relish . . . and mix.

Sour Cream Tartar Sauce. As a substitute for Tartar Sauce

to serve with all kinds of fried fish combine one part India relish with 2 parts thick sour cream.

MAINE CLAM CAKES

"Catch a mess of clams," the old recipe began. We say: "Get a can!"

You will need:

canned clams
eggs
milk
cracker meal
fat for frying

Drain 2 8-ounce cans of minced clams, saving liquor. Beat 2 eggs until light; add clam liquor plus enough milk to make 1½ cups, 2 cups cracker meal, ¾ teaspoon salt, few grains pepper, and clams . . . mixture should be soft. Shape in flat cakes and sauté or fry in deep fat at 370° F. until golden brown. Drain on paper towels.

At serving time:

Another deep-sea dish that calls aloud for coleslaw and ketchup. 6 servings.

FRIED CLAMS

You will need:

popover mix
eggs
milk
canned whole clams
fat for frying
tartar sauce or corn relish

To 1 package popover mix add 1 cup milk and 2 eggs well beaten; mix until batter is smooth. Drain and dry 1 can clams; dip each in batter. Fry in deep fat until golden brown and drain on paper towels.

At serving time:

Serve piping hot with tartar sauce or corn relish. 4–6 servings.

Variation:

Drain and dry clams and dip each one in sifted bread crumbs, then in beaten egg which has been diluted with 2 tablespoons cold water, then in bread crumbs again. Fry in deep fat until golden brown and drain on paper towels.

CREAMED CODFISH, STATE HOUSE STYLE

An old-fashioned New England dish brought up to date.

You will need:

package dried codfish
condensed cream of celery soup
milk
sherry
hard-cooked eggs

Put 1 package dried codfish into a strainer and pour warm water through it or cover with warm water in a bowl, then pour off water. Heat 1 can condensed cream of celery soup with ½ can of milk, adding codfish. Keep hot until needed in a double boiler.

At serving time:

Stir in 1 tablespoon sherry, dish up, and garnish with chopped hard-cooked eggs. 4–6 servings.

CODFISH PUFF BALLS

These are feathery light, soft on the inside, delicately crisp on the outside. For breakfast or lunch make them about 1 inch in diameter. For cocktails, half the size.

You will need:

canned ready-to-fry codfish cakes
onion powder or onion juice
Tabasco Sauce
eggs
fat for frying

To 1 can of codfish cakes add ¼ teaspoon onion powder or ½ teaspoon onion juice, a dash of Tabasco, and 2

slightly beaten egg whites. Mixture will be quite soft. Drop by spoonfuls into deep, hot fat, 370° F., or form into balls. Fry until golden brown about 2 or 3 minutes. Drain on paper towels. Serve with chili sauce, ketchup, or mustard. Makes 24 breakfast balls.

Variation:

Codfish Puff Balls for Cocktails. Step up the seasoning. Use 2 or 3 dashes of Tabasco and 1 teaspoon Worcestershire Sauce. Makes 48 balls about ½ inch in diameter.

CRAB MEAT CASSEROLE

This is a wonderful party dish of Finnish ancestry a favorite dish at Emily Kimbrough's, who has dubbed it the "Finnish Thing."

You will need:

canned or frozen crab meat
condensed cream of mushroom soup
sherry
French pancakes
Parmesan cheese

Heat together in a double boiler 3 cups of frozen or canned cooked crab meat with 1 can condensed cream of mushroom soup. Stir in ¼ cup sherry and pour mixture into a casserole. Top with French pancakes (see page 156), made thin as can be, overlapping each other to make a crust. Sprinkle with ¼ cup grated Parmesan cheese and place under the broiler just long enough to melt the cheese.

At serving time:

Bring piping hot casserole to the table. 6 servings.

QUICK CRAB NEWBURG

We have eschewed the calorie-rich straight cream and butter version of the Gay Nineties in favor of this simplified recipe. Its speed of preparation is more suited to our modern tempo.

You will need:

canned or frozen crab meat
condensed cream of mushroom soup
sherry
milk or cream (optional)
egg
nutmeg
paprika

Put 2 cups canned or frozen cooked crab meat in saucepan with 1 can condensed cream of mushroom soup and ½ cup dry sherry (or ¼ cup sherry with ¼ cup milk or cream) and heat but do not boil. Dip a spoonful of hot sauce into 1 slightly beaten egg, stir, then add this to the crab mixture. (Never put egg directly into the hot sauce, it will curdle.) Add a dash of paprika.

At serving time:

Bring to the table at once; add a dash of nutmeg to each serving. Newburg dishes are most commonly served over toast points, but you might also consider rice or elbow macaroni. 6 servings.

SCALLOPED CRAB MEAT

Easy and very special. The saltines indicate a New England background.

You will need:

crab meat
saltines
butter
milk
American cheese

Place 2 cups flaked crab meat and 2 cups finely crumbled saltines in alternate layers in buttered casserole. Dot with 2 tablespoons butter; season with salt and pepper. Pour on 3 cups hot milk. Strew ½ cup grated American cheese over all. Bake 15 to 25 minutes in moderate oven, 350° F., until dish is bubbling hot and cheese is melted and golden brown.

At serving time:

Bring in its own baking dish to the table; plan to have a mixed vegetable salad. 4 servings.

HARLEQUIN FILLETS

Fried fish with a Caribbean touch.

You will need:

frozen cooked fillets or fish sticks
lemon juice
frozen chopped spinach
pimientos
butter
rice

Heat 2 packages frozen cooked fillets or fish sticks according to directions and place around the edge of a large heat-proof platter. Sprinkle lightly with lemon juice and freshly ground black pepper.

Cook 1 package frozen chopped spinach according to directions, drain well, and season. Open 1 can pimientos, cut them in half crosswise, and drain. On alternating fillets place a little mound of spinach and pimientos, put a dab of butter on each piece, and set under broiler just long enough for the butter to melt.

At serving time:

Pile rice high in the center of the platter and bring to the table. 4 bountiful servings.

BAKED HALIBUT IN BROWN SAUCE

Fish is usually served in a white or creamy sauce, but here we use a can of beef gravy for a dish that is surprising—and surprisingly flavorful.

You will need:

fillets of halibut
canned beef gravy
parsley
cracker crumbs
lemon slices

Defrost fillets of halibut and cut into serving pieces. Arrange in a shallow buttered baking dish which can be brought to the table. Sprinkle with salt and pepper. Cover with a lid, a piece of parchment paper, or aluminum foil. Bake in a hot oven, 400° F., for 5 minutes,

then drain off the juices, cover with a can of beef gravy and sprinkle with 4 tablespoons cracker crumbs. Continue baking until fish is cooked, 5 to 7 minutes longer.

At serving time:

Serve in the same dish in which it is baked. Garnish with parsley and lemon slices. Carolinians serve shrimp this way.

"BILE FISH" (BOILED HALIBUT), VIRGIN ISLAND STYLE

Delicious . . . and it couldn't be simpler than this recipe, as it was served at the home of one of the island's councilmen at St. Croix. Many of the island recipes reflect both the Danish and the tropical influence.

You will need:

halibut
lime juice
butter
onion
sweet red pepper

Cover and for 5 minutes simmer 1 pound of fish (cut into serving pieces) in boiling water to which has been added 1 tablespoon lime juice (or 1 teaspoon lime concentrate), salt, and pepper. The lime juice makes the fish firm and white as well as flavorful.
Remove fish and cook down the fish water until only half as much remains. Add an equal amount of melted butter, ½ small minced onion, and 2 tablespoons sweet red pepper, finely cut, and cook together for 12 minutes.

At serving time:

Stir into sauce 4 tablespoons lime juice (or 1 tablespoon concentrate), pour over fish, and serve. 3 servings. "Bile fish" is usually served with Fungi which is a corn meal mush.

LOBSTER À L'ARMORICAINE

In a book dedicated to American cooking, we would rather have referred to this dish as Lobster "American,"

as it is sometimes incorrectly called. Actually, however, the name refers to the Moors, who introduced many tomato-flavored dishes into Europe.

You will need:

canned condensed tomato soup
whipping cream
dry sherry
onion
lobster

To 1 can condensed tomato soup add ½ cup cream, 2 tablespoons dry sherry, 1 small finely chopped onion, and 3 cups cooked fresh lobster. Heat slowly all together over hot water—but don't boil!

At serving time:

Serve from a chafing dish, over toast or with rice. This dish can be made with shrimp or crab meat, or a combination of all three shellfish. 6 servings.

LOBSTER CURRY

Frozen lobster tails are quick, easy, and economical to use. Here is a popular dish from the Caribbean, but with a definitely East Indian flavor. The many movements and countermovements of people all over the world bid fair to produce a truly global cuisine, through dishes such as this.

You will need:

frozen lobster tails
lime or lemon
bay leaf
red pepper
onion
condensed cream of chicken soup
coconut milk, clam juice, or lobster broth
curry
ginger
coconut
chutney

Cook 4 7-ounce frozen lobster tails in enough cold water to cover, with 1 slice lime or lemon, 1 bay leaf, 2 teaspoons salt, a bit of red pepper, and ½ small onion. When water boils, simmer for 7 to 9 minutes or until lobster meat is snowy white and tender. Cut membrane

with scissors, trim the tails. Remove meat and cut into 1-inch cubes.

Heat 2 cans condensed cream of chicken soup with 1 soup can coconut milk, lobster broth, or clam juice. (You can "make" coconut milk in a blender. Place ½ cup moist pack Southern style coconut in blender with 1 cup warm water and blend until bits practically disappear.) Season with 1 tablespoon curry (or 2 tablespoons if you want the flavor more pronounced) and ¼ teaspoon ginger. Heat lobster cubes in curry sauce.

At serving time:

Pile curried lobster mixture into the four lobster tails. Serve with coconut and chutney. 4 generous servings.

Variation:

Haitian Lobster. Brown cooked lobster pieces gently in ½ cup olive oil. Then add a jar of tomato sauce, ¼ teaspoon oregano, and a bit of cayenne pepper. Simmer for about 10 minutes. Place inside a ring of rice on a heated platter. The lobster tails make a pretty hedge around the rice. For the blazing, use ¼ cup Haitian rum, ever-so-gently warmed and set afire.

NEW ORLEANS OYSTER LOAF

This delectable crusty loaf has become known as *La Mediatrice* because of its rumored success as a peacemaker. According to legend, a dilatory husband found it much more effective to bring one of these loaves home as a peace offering than to toss his hat through the door. With quick-frozen oysters and brown-n-serve French loaves, you can "make peace" with ease and speed.

You will need:

brown-n-serve French loaf
butter
frozen oysters
cream (optional)
dill pickle, radishes, or stuffed olives
ketchup, or chili sauce

Slice off the top ½ inch of a brown-n-serve French

loaf. Remove center to make a shell, leaving walls and bottom 1 inch thick. Remove the insides from the top slice also. Brush shell and top generously with melted butter, inside and out, and place in a hot oven, 400° F., to toast and brown.

Meanwhile, heat the oysters, which have been thawed enough to separate, just long enough for them to begin to look curly around the edges and puffy. You may fry, broil, or heat them in a pan on top of the stove with 2 tablespoons cream, ½ teaspoon salt, a dash of pepper, and a few grains cayenne pepper. Place the cooked oysters inside the shell and cover with the toasted top.

At serving time:

Garnish with thinly sliced dill pickle, radishes, or stuffed olives and decorate with ribbons of ketchup or chili sauce. One package of frozen oysters holds about a dozen—just enough for you and him.

OYSTERS ROCKEFELLER

"Rich as Rockefeller" they were deemed generations ago, and at Antoine's Restaurant and Galatoire's in New Orleans, Oysters Rockefeller were always The Great Dish. There they were prepared with a good deal of trouble and care. A package of chopped, quick-frozen spinach enables you to make the dish very quickly and easily. And when margarine is used instead of butter, it is far less expensive than the name would imply.

You will need:

oysters on the half-shell
quick-frozen chopped spinach
butter or margarine
parsley
chives or green onion tops
lemon juice
cayenne pepper
anise flavoring (optional)
breadcrumbs

For this dish it is well to use freshly opened oysters in their own shells. Completely cover each oyster with 1 tablespoon of the following mixture: 1 cup cooked, drained spinach or thawed quick-frozen spinach combined with ½ cup butter or margarine, 1 tablespoon

finely chopped parsley, 2 tablespoons chopped chives or green onion tops, 1 teaspoon lemon juice, ½ teaspoon salt, dash pepper and cayenne. (A couple of drops of anise flavoring, absinthe, or Pernod add an authentic flavor but are not necessary.) Over spinach goes a sprinkle of bread crumbs. Set in hot oven, 350° F., until oysters begin to swell—about 5 minutes.

At serving time:

In New Orleans restaurants the oyster shells are set in a shallow pan which has ice cream salt in it, the coarse kind used in ice cream freezers, to preserve the heat. To serve 4 as a main dish, use 3 dozen oysters; as a first course 6 oysters apiece should suffice.

Note:

It is possible to make Oysters Rockefeller from quick-frozen oysters. Simply thaw and drain oysters. Place 6 to 8 oysters in a shallow oven-proof dish. Cover with spinach mixture and make as above. Serve from baking dishes.

CHURCH SUPPER SCALLOPED OYSTERS

It was a dish very like this one which New England housewives carried in great flat pans to suppers and socials. Canned or frozen cooked oysters taste good, are far easier to keep on hand -and with packaged bread and cracker crumbs, what could be simpler?

You will need:

oysters	butter or margarine
bread crumbs	mace or nutmeg
cracker crumbs	milk or cream

Mix ½ cup packaged bread crumbs with 1 cup cracker crumbs (or use 1½ cups of either). Place a thin layer of crumbs in the bottom of a shallow buttered baking dish, cover with 1 cup oysters, and sprinkle with salt, pepper, and mace or nutmeg. Add 3 tablespoons oyster liquid and 1 tablespoon milk, evaporated milk, or

cream. Repeat and cover top with crumbs Bake 25 minutes in a hot oven, 450° F.

It is tradition as well as good sense not to use more than 2 layers; with three, the middle layer is underdone.

At serving time:

Tomato salad, tomato aspic, or coleslaw and pickles are classic accompaniments. 4 servings.

Variations:

Plain Scalloped Oysters. Some New England cooks wouldn't be caught dead using nutmeg or mace on their oysters. Their only seasoning is salt and pepper occasionally a dash of Worcestershire Sauce.

New Orleans Scalloped Oysters. Omit the milk and use 3 tablespoons sherry to 1 tablespoon lemon juice; sprinkle lightly with Worcestershire Sauce and a couple of drops of Tabasco Just before serving, top with a sprinkle of finely chopped fresh parsley.

SHREVEPORT SALMON WITH WHITE WINE ASPIC

The epicure's way to poach salmon is easy, and the glittering bits of aspic, made of the French Court Bouillon in which the fish was cooked, provide the gala touch.

You will need:

carrot
onion
celery
butter
parsley
peppercorns
whole cloves
bay leaf
vinegar
salmon
unflavored gelatin
saffron or curry powder
white wine or water and lemon juice

Cut up 1 medium carrot, 1 onion, a couple of stalks of celery, and cook for 3 minutes in 2 tablespoons butter with 2 sprigs parsley. Add 4 peppercorns, 2 cloves, ½ bay leaf, 1 tablespoon salt, 2 tablespoons vinegar, and 2 quarts water, and boil about 10 minutes. (This is Court Bouillon, the basic and best broth in which to

cook most fish.) Simmer the raw salmon in broth 6 to 10 minutes per pound, according to thickness of the pieces. Allow fish to cool in refrigerator. Cook down the Court Bouillon until you have about 3 cups of broth. Strain. Add 2 envelopes unflavored gelatin soaked in ½ cup cold water, a pinch of saffron (or ½ teaspoon curry powder), and ½ cup white wine (or ½ cup water and 2 tablespoons lemon juice). Pour into platter. Chill till firm.

At serving time:

Break into bits with fork and place spoonfuls around fish. Or serve in a separate bowl set in chopped ice.

Note:

If poured only about ½ inch deep into platter and put into freezing compartment, aspic will be firm in about ½ hour.

Variations:

In place of Court Bouillon use chicken broth or canned consommé. In place of white wine, use red.

Or, when you're rushed, forget the aspic. Cool the salmon in broth in the refrigerator. Mix together 4 tablespoons ketchup with 1 cup mayonnaise, add 2 canned pimientos cut into thin strips, and pass in a separate bowl with the chilled fish. Watercress or escarole makes an attractive garnish.

SALMON BAKED IN SOUR CREAM

Our private name for this is Bay Ridge salmon, after the many Norwegians who settled in the Bay Ridge section of Brooklyn, overlooking the entrance to New York harbor. For it was New York's great shipping industry which drew these latter-day immigrants from northern Europe—and this is one of their favorite dishes.

You will need:

salmon steak	sour cream
lemon	parsley

Sprinkle a 1-pound salmon steak with salt and pepper,

lay a few thin slices of lemon atop, and cover with ¼ cup sour cream and 1 teaspoon minced parsley. Bake in a moderate oven, 350° F., for 35 to 40 minutes.

At serving time:

This calls for potatoes boiled in their jackets and, for your green vegetable, spinach or string beans. 2 servings.

BROILED SHAD ROE WITH BACON

In the days when you had to wait for the shad to run up the rivers to spawn, this was a delicacy with a very limited season. But once again the canners came to the rescue, and with signal success, for this is one food item which seems to have undergone little change in the canning. Enjoy it unadorned, just as you would fresh roe.

You will need:

canned shad roe
butter or salad oil
lemon or lime
Canadian bacon

Brush 1 canned roe with melted butter or salad oil and heat in the broiler, or in a frying pan, turning only once. Don't go away; this cooks in 10 minutes. Have your Canadian bacon cut in ¼-inch slices and broil or sauté with the roe.

At serving time:

Serve on a hot plate with a wedge of lemon or lime. One can may serve 2 people—or 1 very hungry man.

CAROLINA SHRIMP PIE

This is one of a host of shrimp pies popular along the Southeastern coast. In other sections they might be termed casserole dishes. All are hearty, combining bread or crackers with vegetables and sea food. Where the creole influence is strong, you'll probably find a tomato flavor. In other sections . . . other vegetables.

You will need:

quick-frozen deveined shrimp in their shells
bay leaf
vinegar
canned condensed tomato or cream of celery soup
dry mustard
cooked or canned peas
cooked or canned silverskin onions
biscuit mix
milk

Bring to a boil 2 cups water, 1 tablespoon vinegar, 1½ teaspoons salt, ¼ teaspoon black pepper, ⅛ teaspoon red pepper, bit of bay leaf. Add a 12-ounce package frozen uncooked shrimp. Bring to a boil; cook 2 minutes. Drain, saving liquor.

Put shrimp into bowl of ice water for 2 minutes and shells will come off readily. Place shells back in liquor and cook uncovered about 10 minutes or until reduced to about ½ cup.

Add reduced shrimp liquor to 1 can condensed tomato or cream of celery soup, along with ¾ teaspoon dry mustard, 1 small can peas, 1 small can silverskin onions, both drained, and cooked shrimp. Heat just to boiling, pour into 2-quart casserole, cover with biscuit topping made with 1½ cups biscuit mix and ⅔ cup milk. Bake in hot oven, 450° F., 20 minutes.

At serving time:

Bring to table piping hot in its own casserole. Makes a fine main dish for lunch or supper. 6 servings.

DEVILED SHRIMP

In the Mediterranean countries they would have used garlic . . . in our own Gulf states, mustard does it.

You will need:

frozen shrimp
dry mustard
butter or margarine
cayenne pepper
parsley

Separate frozen shrimp from 1 12-ounce package under cold running water. Shell. Arrange in 3 flat individual

baking dishes. Cream 2 teaspoons dry mustard with ½ cup butter or margarine, ¾ teaspoon salt, and dash cayenne. Dot this mixture over shrimp; set in broiler 3 or 4 inches below medium flame. Broil 8 minutes, turn and broil second side 4 to 6 minutes. (Reduce time if shrimp thaw before cooking.)

At serving time:

Sprinkle with lots of fresh chopped parsley. Brink baking dishes to table and provide a crusty bread or rolls for dunking. A cucumber salad would taste fine. 3 servings.

SHRIMP SAUTÉ WITH GARLIC

The pride of several fine Italian restaurants in New York and San Francisco.

You will need:

garlic
butter or olive oil
frozen shrimp

Cook 1 clove finely crushed garlic in 3 tablespoons butter or olive oil over low flame, without browning, for about 5 minutes. Separate under cold running water the shrimp in a 12-ounce frozen package and peel off shells. Put cold shrimp into frying pan; sauté lightly for 5 to 8 minutes, until shrimp turn pink and back slits lose bright shine. Add ¾ teaspoon salt.

At serving time:

Bring to the table in its frying pan and have lots of crusty bread at hand—and a bottle of red wine.

Variations:

Shrimp with Onion. In place of garlic, sauté in butter 2 tablespoons minced onion and 1 tablespoon finely chopped parsley over low flame until onion is transparent but not brown.
Shrimp with Oregano. Heat 1 teaspoon oregano with 3 tablespoons olive oil; add 3 tablespoons lemon juice only after shrimp is cooked, just before removing from fire. Omit garlic.

NEW YORK SHRIMP TEMPURA

The shrimp are quick-frozen, the batter is made from popover mix, and the Tempura sauce is a Nisei adaptation . . . the Japanese recipe called for tunny fish stock and Aginomoto, a sort of powdered seaweed seasoning.

You will need:

frozen shrimp
lemon juice
milk
eggs
Tobasco Sauce
popover mix
fat for frying
canned clam broth
soy sauce
sugar
monosodium glutamate

Shell 1 package of quick-frozen shrimp. (To thaw quickly, cover them with hot water in a saucepan; as soon as water becomes lukewarm, shrimp will be thawed but not cooked.) Drain, place in a bowl, and cover with lemon juice. Sprinkle with salt and pepper and leave in lemon juice while you prepare the fritter batter. Combine ½ cup milk or water, 2 egg yolks, dash of pepper, 2 drops Tabasco, and a package of popover mix. Blend 20 seconds and fold in 2 stiffly beaten egg whites. Remove shrimp from lemon juice, dry on paper towels and toss into fritter batter, stirring with a fork so shrimp become coated. Drop coated shrimp into deep fryer at 375° F., cook 2 minutes, and drain on paper towels.

At serving time:

Serve hot with Tempura sauce, made by combining 1 cup canned clam broth, 4 tablespoons soy sauce, 1 teaspoon sugar, and ¼ teaspoon monosodium glutamate. This will serve 2 bountifully—or make 3 average portions. Also a wonderful appetizer.

SEA FOOD GUMBO

Gumbo takes its name from the African word for okra, that indispensable ingredient to a whole series of fine and distinctive dishes which are thicker than soups, not quite so hearty as a stew, always served over rice. Many authentic

recipes call for filé powder—the tender, young leaves of the sassafras bush dried, powdered, and sieved. Nowadays you can buy filé powder in many food stores throughout the country . . . or it's well worth ordering a jar by mail from New Orleans.

You will need:

canned condensed gumbo creole soup
canned or quick-frozen cooked shellfish (shrimp, crab meat, lobster, oysters)
filé powder
rice

Heat together 1 can condensed gumbo creole soup with 1 cup sea food for 4 minutes, simmering gently. Add 1 teaspoon filé powder and remove immediately from the heat. (Filé powder must never be boiled!)

At serving time:

This makes a wonderful main dish. Serve with rice and a tossed salad. 2 servings.

FRUITS OF THE SEA

A mixed "fry" of fish tidbits . . . Italian in origin.

You will need:

garlic
frozen scallops
frozen shrimp
frozen codfish cakes
olive oil
tomatoes
cheeese
bacon
parsley or chives
lemon

Rub a shallow heat-proof dish with a cut clove of garlic and place around the dish 1 package each of just-thawed fried scallops, shrimp, and codfish cakes. Brush lightly with olive oil and heat under broiler 10 to 15 minutes or until very hot and crisp.

Cut 4 tomatoes into halves, crosswise, season with salt and pepper, top with a slice of yellow cheese, and criss-cross with bacon. About 5 minutes before the mixed sea

food is done, place the tomatoes around the edge of the baking dish and heap the fish in the center; return to the broiler. Cheese should be soft and bubbly and the bacon crisp when fish is ready.

At serving time:

Sprinkle the dish with chopped parsley or chives and serve with lemon wedges. 6 servings.

G

is for Garnishes. You have no idea how different food tastes when it looks pretty. One of our friends attained a terrific reputation as a cook by using leaves. She puts leaves around cold meats, on the cheese platter, in the fruit bowl, under the finger bowls instead of doilies. She garnishes broiled chicken or chops or hamburgers with great handfuls (never sprigs) of parsley or watercress. She tosses nasturtiums and, in the spring, violets, into green salads. Here, however, are a few rules: Never let garnishes droop over the edge of the plate or bowl. Don't let garnishes become tortuous.

GRIDDLE CAKES, WAFFLES, AND FRITTERS

SOME CALL 'em pancakes; some call 'em griddle cakes—those puffy, hearty cakes which you can whip up from any one of a dozen packaged pancake mixes while the coffee's perking. The mixing can be as simple as stirring together equal parts of the dry mix and water, or as rich and fancy as your whim dictates—just remember to stir with a light hand. This is one batter you stop beating *before* all the lumps disappear; it should be only fairly smooth.

Griddle cakes should be served piping hot. Ideally, they should be made right at the table on a table grill; or perhaps you can set your breakfast table close to the stove, so that they can be served "right off the griddle" onto heated plates.

Know your particular griddle—some do not require any grease (and a good substitute for those which do is to rub the griddle with a cut potato, repeating this each time you drop fresh batter on). If you do grease the griddle or frying pan, salad oil is preferred unless you want some added flavor, such as that imparted by bacon drippings. Olive oil should not be used except where it is specifically named, because of its distinctive flavor.

Be sure there's plenty of butter on the table. To top griddle cakes, provide almost anything sweet—honey, syrup,

or molasses, granulated or confectioner's sugar, a favorite jelly or jam. Sausages or bacon are favorite accompaniments —and for a real trencherman's breakfast provide soft-boiled eggs to be broken over plain, buttered griddle cakes.

You will need:

pancake mix
milk
egg
butter or margarine

Stir together 1 cup pancake mix, ¾ cup milk, 1 slightly beaten egg, and 1 tablespoon melted butter or margarine, until fairly smooth but still slightly lumpy. Drop by tablespoonfuls on a hot greased griddle—2 tablespoons of batter will give you a griddle cake about 4 inches in diameter, 4 tablespoons a 6-inch cake. When it is dotted all over with little air bubbles, turn with a pancake turner or spatula and brown the other side. Do not turn griddle cakes more than once if you want them to be fluffy-light.

At serving time:

Serve at once. If you like your butter evenly spread, heat together equal parts of butter (or margarine) and syrup; this makes the butter go further, too.

Variations:

Maine Flannel Cakes. Increase milk to 1 cup. Use ¼ cup batter for each cake.

Flapjacks or Flap Cakes. Paul Bunyan, or any north woods lumberjack worthy of the name, would turn his nose up at a 4- or 6-inch griddle cake. You can achieve the lumber camp cook's flapjacks by following package directions for basic griddle cakes—equal parts of mix and water or milk—but get out your biggest frying pan and leave just enough space between batter and edge of pan to slip your pancake-turner underneath.

Shenandoah Apple Cakes. Drop 1 tablespoon of griddle cake batter on the pan, cover with a layer of canned cooked pieces of pie-apple and top with another tablespoonful of batter. Bake as you would any other griddle cake. A dash of nutmeg or cinnamon over the apples before you top with the second spoonful of batter adds a nice touch.

VERMONT PANCAKE PIE

Sugar maples are found in many parts of the United States, but Vermont leads all the rest in the fame of its many maple sugar products . . . and cakes to go with them.

You will need:

griddle cake mix
butter or
margarine
nutmeg
shaved maple sugar or
brown sugar
maple syrup

Make a batch of 6-inch griddle cakes from 2 cups of pancake mix according to package directions. Stack 1 pancake on top of the other on a heat-proof dish. Season ½ cup butter or margarine with ¼ teaspoon nutmeg and spread some of this on each pancake. Measure 1 cup shaved maple sugar (use light brown cane sugar if you can't get maple sugar) and sprinkle thickly over each nutmeg-buttered pancake. Top the pile of griddle cakes with 1 cup heated maple syrup mixed with 1 tablespoon butter or margarine. Keep hot in oven.

At serving time:

Cut in pie-shaped wedges and serve hot. This calls for crisp bacon on the side and lots of good strong coffee.

IDAHO MASHED POTATO PANCAKE

Baked by spoonfuls on a hot griddle, these brown cakes resemble a delicate soufflé.

You will need:

frozen whipped potatoes
pancake mix
eggs
evaporated milk or cream

Combine ¾ cup thawed frozen-whipped potatoes with ¾ cup pancake mix, 4 beaten egg yolks, ½ cup evaporated milk or cream and ¾ cup water, and mix well. Fold in 4 stiffly beaten egg whites. Drop by spoonfuls on hot greased griddle, turning only once.

At serving time:

A splendid luncheon dish served with grilled tomatoes and Canadian bacon. 4 servings.

BUCKWHEAT CAKES

Old-fashioned buckwheat cakes will make a wonderful stick-to-the-ribs breakfast on cold winter days.

You will need:

buckwheat cake mix
sour milk or buttermilk
egg
butter
molasses or brown sugar
maple sugar (optional)

Mix together lightly 2 cups buckwheat cake mix, 1¼ cups sour milk or buttermilk, 1 beaten egg, 3 tablespoons melted butter, and 1 tablespoon molasses or brown sugar. Bake just as you would any other griddle cake.

At serving time:

Serve immediately with plenty of butter and maple sugar or molasses. Sausage, sausage cakes, or Canadian bacon are good with these.

BLUEBERRY PANCAKES

A 2-in-1 packaged mix not only saves you shopping time when you go to market, but also "hunting" time when you go to the cupboard to assemble your materials A case in point is blueberry muffin mix, with the can of berries packaged right with the envelope of dry ingredients.

You will need:

blueberry muffin mix
lemon juice
nutmeg
eggs

Rinse the berries thoroughly (so your pancakes will look as good as they taste) and set aside to drain. Mix

the dry ingredients from a package of muffin mix with ⅓ cup water, ¼ teaspoon lemon juice, and ¼ teaspoon nutmeg, for about 2 minutes or until smooth; add 2 eggs and beat for another minute. Gently fold in the drained blueberries. Bake on a medium hot griddle, turning only once.

At serving time:

Serve at once. With the luscious flavor of bubbly hot blueberries to enjoy, pass the butter—nothing else—for a breakfast feast.

KANSAS CORN CAKES

In the great corn-raising states of our Midwest, "corn meal" means yellow corn meal, no other. Here is a pancake with a "different" texture, made with corn muffin mix containing yellow corn meal.

You will need:

corn muffin mix
egg
milk
butter or margarine
corn syrup

Mix together 1 package of corn muffin mix with 1 egg, 1¼ cups milk, and 2 tablespoons melted butter or margarine, until smooth. Let batter stand for 5 or 10 minutes, then bake as you would any griddle cake. Make these pancakes small—about 1 tablespoon batter is enough for each cake—so that they will turn easily.

At serving time:

Serve at once and pass the softened butter and a pitcher of corn syrup.

Variation:

Kansas Corn Waffles. The same batter makes a lovely golden brown waffle Take extra care in removing the waffle from the iron . . . but great is your reward!

BATTY CAKE

Recently, for the first time, a mix using the white corn meal, beloved in the South, was put on the market. White corn meal is *de rigueur* for many Southern recipes, so add one more package to your shelf of mixes and rejoice.

You will need:

corn bread mix with white corn meal
butter or margarine
syrup or sorghum

Add ⅔ cup water to 1 package corn bread mix and beat until smooth. Add another ⅔ cup water and stir, then another ⅔ cup water (making 2 cups in all); blend well but do not overbeat.
Pour 1 tablespoon batter for each cake onto a hot, well-greased frying pan and bake until brown, turning only once.

At serving time:

Serve with butter or margarine and syrup. Tradition calls for sorghum, which is similar to cane syrup in flavor —but any syrup will do. 8 servings.

PANCAKE OMELET

This may be prettily delicate in appearance, but you'll find it hearty enough to feature at luncheon.

You will need:

packaged pancake mix
milk
eggs
bacon
butter
currant jelly

Mix together lightly 1 cup pancake mix, ¾ cup milk, 3 beaten egg yolks. When fairly smooth, fold in 3 stiffly beaten egg whites and ⅓ cup diced bacon which has been cooked and drained. Melt 1 teaspoon butter in a 9-inch frying pan, pour the mixture into the hot pan, and cook about 3 minutes or until the bottom of the omelet becomes golden brown. Then put the omelet,

pan and all, about 3 inches below the broiler flame and cook until top is a golden brown.

At serving time:

Top the omelet with spoonfuls of a tart currant jelly and cut into 5 or 6 wedges. Bring to the table at once. Serve with buttered French-cut green beans.

BLINTZES IN WALTZTIME

Because they're Viennese in inspiration . . . because, with a mix, you'd waltz through the making . . . because so delicious a dish deserves to be eaten to music.

You will need:

popover mix
sugar
vanilla extract, lemon rind, or orange
milk
eggs
sugar and cinnamon, or sour cherry jam
sour cream

To a package of popover mix add 2 tablespoons sugar, ½ teaspoon vanilla extract or grated lemon rind, or orange bitters, ⅔ cup milk, ⅓ cup water, 3 well beaten egg yolks. At the last minute fold in 3 stiffly beaten egg whites. Cook on 1 side only in a 6-inch heated skillet, making the cakes very, very thin. Place them brown side up on a tea towel.

For the filling:

cottage cheese
egg
vanilla extract, lemon rind, or orange bitters

For the filling, mix 2 cups rather dry cottage cheese, 1 small slightly beaten egg, 1 teaspoon vanilla extract, or ½ teaspoon orange bitters, or grated lemon rind. Place about 2 tablespoons filling in the center of each cake. Bring edges over from both sides. Place folded side down in the frying pan with 1 tablespoon salad oil or butter. Turn only once.

At serving time:

Place on heated plates and sprinkle with sugar and cinnamon or with sour cherry jam. Pass a separate bowl of sour cream. Filled blintzes may be kept, well covered, in the refrigerator for several hours before the final trip to the frying pan.

FRENCH PANCAKES

This is the world-famous *crêpe* which, with varied forms and flavorings, is popular not only as a dessert but also as the basis of delectable entrees. Our so-called pancake mixes are too substantial for so airy a dish but popover mix is just right!

You will need:

eggs	salad oil
milk	jelly or jam
popover mix	confectioner's sugar

Beat 3 eggs, add 1 cup sweet milk. Put 5-ounce package popover mix in bowl and add egg-milk liquid gradually; beat until smooth. If possible, let batter stand in refrigerator for ½ hour. Grease 4- or 6-inch skillet with few drops salad oil. Drop about 2 tablespoons batter onto hot pan and tip it so that batter covers the bottom of the pan. Cook over moderate heat; when brown underneath, turn and brown the other side.
Use a few drops of oil for each pancake.

At serving time:

For dessert, roll French pancakes, with jelly or jam inside, and sprinkle with confectioner's sugar. This makes 18 to 20 5-inch pancakes.

Variations:

Crêpes Colony. For an entree, roll French pancakes, with creamed crab meat, chicken, or turkey inside, sprinkle with grated cheese, and set under the broiler just long enough to melt the cheese.

The Colony Restaurant in New York offers a 4-inch pancake rolled with crab meat as an appetizer, with a curry-flavored sauce dabbed onto one end, a mustard-flavored sauce on the other.

Christmas Crêpes. Add a bit of applejack or calvados (French apple brandy) to mincemeat to thin it slightly, roll French pancakes around this. For added drama, set aflame at the table with a little more of the same liquor.

Crêpes Magnolia. Roll French pancakes around a spoonful of jam and lay them on a very hot, heat-proof serving dish. Sprinkle with sugar, pour over 2 tablespoons of warmed Southern Comfort (one of our few American liqueurs), and ignite. They're Crêpes Suzette with a Southern accent.

LÜCHOW PANCAKES

These are the platter-size pancakes made in the German manner and served with a flourish at Lüchow's, famous New York eating place.

You will need:

eggs
milk
sugar
popover mix
salad oil
cinnamon-sugar
applesauce (lemon-flavored)

Beat 4 eggs, add 1 cup milk and 1 tablespoon sugar. Put 5-ounce package popover mix in bowl and add egg-milk liquid gradually; beat until smooth. Heat your largest frying pan with a few drops salad oil, pour 4 or more tablespoons batter into the pan and let it spread quickly to form a large, thin pancake. As soon as the bottom of the pancake is set, turn it over to bake on the other side.

At serving time:

Sprinkle each pancake on its own heated plate with cinnamon-sugar and top with plenty of applesauce which has been flavored with a few drops of lemon juice or grated lemon rind. Roll up and sprinkle again with cinnamon-sugar. 6 servings.

Variations:

Flaming Pancakes. Sprinkle each rolled up pancake with Jamaica rum or kirsch which has been slightly warmed, and ignite.
German Pancakes with Chocolate Sauce. Use chocolate sauce in place of applesauce.

SWEDISH-AMERICAN PANCAKES

In Sweden these tiny pancakes are traditionally served for dessert on Thursday nights. Many homes have a special plattär pan just for this one dish. The custom still prevails among families of Swedish ancestry.

You will need:

egg
milk
sugar
popover mix
salad oil
jam
confectioner's sugar

Beat 1 egg, add 2 cups milk and 1 tablespoon sugar. Put 5-ounce package popover mix in bowl and add liquid gradually, beating until smooth. Heat a heavy frying pan with a few drops of salad oil (or use a magnesium griddle). Drop 1 tablespoon batter for each pancake—it should not be more than 2 inches wide—and cook over a moderate flame, turning the pancake when the bottom rim is nicely browned. Keep warm on a biscuit sheet in a warm oven which has been turned off.

At serving time:

Set 5 or 6 pancakes around the edge of a heated dessert plate with a mound of lingonberry or other tart jam in the center. Some folks like to sprinkle confectioner's sugar lightly over the pancakes. 6 servings.

RUSSIAN PANCAKES

This is the famous *blini*, made no bigger than a silver dollar, perfect with caviar.

You will need:

pancake mix	butter or olive oil
sour milk or yogurt	egg yolk

To 1 cup pancake mix add 1 cup sour milk or yogurt, 1 tablespoon melted butter or olive oil, and 1 well-beaten egg yolk. Bake on a heated, greased griddle, dropping 1 teaspoonful of batter for each cake.

At serving time:

Serve with the delicate black caviar and pass such classic accompaniments as chopped onion, thick sour cream, lemon wedges, and chopped hard-cooked eggs—yolks and whites separate.

Variation:

Buckwheat Blini. With the more vigorous red (salmon) caviar, serve *blinis* made with buckwheat cake mix, still silver-dollar small but sturdier, with a more pronounced character. Garnish as above.

WAFFLES FROM A MIX

Several good waffle mixes are available. Most of them require the addition of egg, milk, and melted butter or margarine. For economy and speed, salad oil (not olive oil) may be used instead of melted butter.

You will need:

waffle mix	milk
egg	butter, margarine, or salad oil

Follow the package directions for making batter. Use a pitcher instead of a bowl and you will be able to pour the batter directly into the waffle iron. Be sure to heat waffle iron to the required temperature. Most modern waffle irons have an automatic control. Usually they do not require greasing.

Pour 1 or 2 tablespoons of batter into the center of each compartment so that mixture can spread evenly to fill the

iron. Use less batter than you think you will need. It puffs and spreads. Cover and leave closed until the steaming stops. Lift with fork. Try not to open and close the waffle iron more than once, or the waffles may be heavy.

At serving time:

Make waffles at the table and serve as soon as baked, on hot plates, with butter and maple syrup or honey. Or as a main dish for lunch or supper, serve with chicken à la king, creamed ham, grilled ham, crisp bacon, or country sausage. For waffle-based desserts, serve with strawberries and whipped cream, with crushed pineapple over vanilla ice cream—you take it from there.

Variations:

Sour Cream Waffles. Instead of milk use sour cream.
Bacon Waffles. To waffle batter add ½ cup crisp crumbled and well-drained bacon.
Chocolate Waffles. To waffle batter add melted cooking chocolate using 2 squares melted chocolate, to about 3 cups batter. If a sweet waffle is desired, add 4 tablespoons sugar. Flavor with 1 teaspoon vanilla or 1 teaspoon instant coffee, stirred into a little water. Serve as a dessert with whipped cream or à la mode with vanilla ice cream, and a few gratings of nutmeg over the ice cream.
Pineapple Waffles. Add ½ cup well-drained pineapple tidbits to batter.

QUEEN FRITTERS

These are made from a basic cream-puff mixture to which flavorings have been added; then they're French-fried.

You will need:

butter	sugar
milk or water	eggs
popover mix	vanilla, lemon, brandy, or rum

Heat ⅜ cup butter with 1¼ cups hot milk or boiling water until butter melts. Add 1 package of popover mix and 1 teaspoon sugar and stir vigorously over medium

heat until the batter leaves the sides of the pan and forms in the center. Don't worry; you'll know when this happens, for suddenly the sides of the pan are shiny clean and the batter takes on a circular form around your spoon.

Remove from heat and let cool at room temperature for 5 minutes. Add 4 large unbeaten eggs, one at a time; beat each one thoroughly into the batter before you add the next. The mixture should be firm enough to hold its shape and have a silken gloss. Add 1 teaspoon vanilla, lemon extract, brandy, or rum. (At this point you can also fold in 2 stiffly beaten egg whites, but this isn't necessary.)

Drop by tablespoonfuls into deep hot fat, 370° F., and fry until delicately brown. Salad oil is best for this frying. Drain on paper towels.

At serving time:

Sprinkle with powdered sugar and pass while still hot. Or slit each puffy fritter, put a bit of preserves inside, powder with sugar, and serve with a thin vanilla sauce.

BATON ROUGE FRUIT FRITTERS

Beautiful, delicately flavored fruit deserves an equally ethereal covering. This fritter batter, Creole in inspiration, provides a crust as thin as the calyx of a flower.

You will need:

popover mix
eggs
sugar
milk, white wine, or brandy and water
fruit
fat for frying

Mix 1 package of popover mix with 2 egg yolks, 1 tablespoon sugar, and ½ cup liquid (milk, white wine or ⅜ cup water plus 2 tablespoons brandy) with a few swift strokes. Don't handle too much. Let stand at room temperature for ½ hour; then fold in 2 stiffly beaten egg whites. The mixture should be as thick as whipping cream. Dip a piece of well-dried, floured or sugared fruit on a fork into the batter; allow excess to drip

through the fork tines and drop, a few at a time, into deep hot fat, 370° F., for 3 to 5 minutes, until golden brown. Remove with a skimmer and drain on paper towels.

At serving time:

Bring to the table on a heated serving dish and serve as dessert with an appropriate liqueur.

Note:

Fruit must be well-drained and dried on a paper towel, then dusted with a little flour or confectioner's sugar. Otherwise steam develops and the fritters are not as crisp as they should be.

To give that ultraprofessional look (or just because you want to reheat them), sprinkle fritters with sugar and place under the broiler just long enough so sugar melts and fritters take on a lovely glaze. You can prepare the fritters hours ahead and reheat them this way.

Variations:

Apple Fritters. Use thin slices of raw apple or canned sliced pie apples; make the batter with water and rum instead of brandy. If you glaze the fritters, sprinkle with cinnamon-sugar and serve with chopped walnuts.

Banana Fritters. Split bananas in half lengthwise and cut each half into 3 pieces. Sprinkle with lemon juice, rum, or brandy; cover and let stand about ½ hour, then drain well. Fry in the usual manner and serve hot with whipped cream or a fruit sauce.

Berry Fritters. Drain fresh strawberries, blackberries, raspberries—or any small raw fruits very well and add to the batter, 2 cups berries to 1 cup batter. Drop by teaspoonfuls into hot fat and serve hot with a contrasting fruit sauce.

Mandarin Orange Fritters. Sprinkle drained canned mandarin orange sections with lime or lemon juice and let stand about 15 minutes. Drain, dry, and flour lightly, then fry.

Orange Fritters. Use fresh orange sections or thin orange slices with seeds removed. Serve with powdered sugar and an orange-flavored liqueur.

Peach or Apricot Fritters. Quartered canned peaches or halved apricots should be sprinkled with lemon juice, rum,

or brandy. Cover and let stand for ½ hour. Drain, dry, and fry in the usual manner.

Pineapple Fritters. Sprinkle drained canned or quick-frozen pineapple with kirsch or rum and let stand 30 minutes. Drain, dry, and dip into batter which has been flavored with the same kind of liqueur you used to flavor the fruit. Fry, drain on paper towels, and glaze.

MARYLAND CORN FRITTERS

What could be nicer for luncheon than crispy corn fritters with well-broiled slices of Canadian bacon?

You will need:

muffin mix
canned kernel corn
fat for frying

Add 1¼ cups water slowly to 1 package of muffin mix, the 10-ounce size. Fold in 1 small can well-drained kernel corn, but do not beat—the batter should be slightly lumpy. Drop by spoonfuls, a few at a time, into deep hot fat, 370° F., and cook until golden brown. Drain on paper towels.

At serving time:

Serve hot. If necessary to reheat, follow glazing instructions given for Fruit Fritters (see page 161).

Variations:

Southern Fruit Fritters. In place of corn, you can use 2 cups of almost any well-drained fruit—diced apples, pineapple chunks, berries, etc.

H

is for Hot. Which means really *hot*. There is nothing more depressing than a lukewarm chop or a tepid soup, a gravy of bath temperature and congealing grease. Keep foods hot in the top of a double boiler if you have no warming oven. Heat soup plates, dinner plates, and cups. For a warming oven use your regular oven after the heat has been turned off. A temperature of 150° F. is safe for china and silver serving dishes. Or, if you wish, you may rinse plates in very hot water.

stands for Intelligence. Don't check your brains at the kitchen door. The kind of thinking that gets you a raise or an A in English or Economics will stand you in very good stead when you cook. Taste your food analytically. Read recipes carefully. Examine labels. Labels will give you a lot of clues as to preparation and enrichment. As one clever young woman put it, "I read the list of ingredients on the package, pick out one or two that are most expensive, and add more of them—like sherry or cream or lobster."

IMPLEMENTING YOUR KITCHEN

ABSOLUTELY NECESSARY:

THIS LIST IS INTENDED as starter equipment; there are dozens of other things that are nice to have and which you will acquire as time goes on. Keep one thought in mind: *It is no economy to buy cheap kitchen equipment.*

Double boiler, each part of which works separately or together.

Set of the best kitchen knives you can buy —2 paring knives, 1 carving knife, 1 saw-toothed knife for bread.

Pastry board. Use one side for slicing bread and rolling pastry, the other side for cutting onions, meats, and such.

The best all-round combination can-and-bottle opener you can find. The wall type is very good.

Colander or wire mesh strainer for straining water off vegetables or for washing greens or berries. A strainer can also double as a flour sifter, and you can push food through the mesh to make a purée.

Jar chopper. Get one with 2 little wooden insets; keep one for onions because of their odor.

Set of ovenware or pyrex bowls to be used for mixing, baking, serving, and refrigerator storage.

Some sort of coffee-making equipment, unless you go in for instant coffee.
Vegetable brush.
Heavy frying pan, also useful as a griddle.
Mouli grater.
Garlic press.
Rotary egg beater.
Two sets of measuring spoons and 2 pyrex measuring cups, 1 for dry foods and 1 for liquids.
Dutch oven.
Rolls of paper towels, wax paper, and metal foil with their own dispensers.
Rolling pin.
Spatula—will double for turning pancakes, omelets, and for lifting fried eggs.
Cookie sheet, endlessly useful. One of the new lightweight magnesium griddles will serve. Use it for toast in the oven or, with rack, it makes a broiling pan.
Custard cups. Use as individual casseroles, for storing food in refrigerator, for puddings, muffins, and popovers.
One or 2 pyrex pie pans which can also be used as serving dishes or as covers for bowls to transform them into casseroles.
Asbestos pad or flame-tamer.
Pastry brush.
Kitchen scissors.
Pot holders.
Candle-warmer.

Wonderful to have:

More of most things on the necessary list.
Blender. This wonderful appliance has so many uses that at least 2 whole books have been devoted to explaining its versatility. It will aerate your morning fruit juice and whip up your evening Daiquiri; make purée, mix sauces, and otherwise play a part in every course you serve. But don't whip egg whites or cream in it. For making purées, if a blender is out of the question, do get a Foley food mill.
Infrared broiler with or without an electric rotisserie. Some

models roast or barbecue and provide space for top-of-the-stove cooking as well as boiling.

Automatic electric deep-fat fryer. Absolute heaven with a temperature control!

Portable electric hand beater, or an electric mixer.

Saladmaster or comparable gadgets in combination or singly will grate, julienne, slice, shred, cut waffled potatoes—most anything your pleasure dictates.

Old-fashioned hand meat grinder. Nothing electrical invented to date has taken its place.

Thermometers. A meat thermometer, an oven thermometer if your stove is not so equipped, and one for deep-fat frying, if needed.

An automatic defroster for your refrigerator saves money as well as time.

A timer, to keep you from having to be a clock-watcher.

Pepper grinder, for freshly ground pepper *is* special.

Pressure cooker. Get a big one; it's particularly helpful when you're preparing for parties. You can cook a small amount in a large cooker, but you dare not overload a small one.

Electric toaster.

Combination sandwich grill and waffle iron.

Chafing dish. Not just for cooking at the table but as a serving piece or pieces. It has 2 parts to be used together or separately. Can be used as a double boiler to keep hot foods hot.

Electric dishwasher and garbage disposal unit.

Spice cabinet, rack, or lazy Susan, for easy access to seasonings and condiments.

All sorts of special baking pans—muffin tins both small and large, cake pans, "chimney" or tube pans for angel cakes. As many cook-and-come-to-the-table casseroles, etc., as your budget will stand. There are a number of cast-iron utensils most attractively covered with white or colorful glazes, beautiful enough to grace any table; use them on top of the stove as well as in the oven.

J

is for Juggling. It takes a bit to make all the components of a conventional meal come out on time. If you are a beginner, try to have everything, and we do mean *everything*, done ahead of time. And even as you grow more experienced, don't include in any menu more than one dish which requires loving care and special attention. Allow yourself plenty of time for washing salad greens, slicing fruit, and table setting. Time roasts so that they will be ready at least 15 or 20 minutes before dinner. Leave them in a warm place to mellow. You'll find that they slice better and taste better.

K

is for Kitchens. No matter how small your kitchen, you can, with a little planning, make it convenient. Have a place for everything and keep everything in that place. It is an old maxim but, oh, how it works! A knife rack is a necessity, both to prevent nasty cuts and preserve sharp blades. A series of hooks in the shelves will keep your implements on hand and in plain sight. A folding shelf is very useful, or you can pull up a bridge table close to the kitchen door and use it as a work table before the meal, and afterward as a serving table during the meal.

KITCHEN IDIOMS

MOST COOKBOOKS SEEM to be written for those who already know how to cook and in a special kind of language—most confusing to people who have neither chef's training or home economics degrees.

All through our book we have tried to steer away from such expressions and talk cooking just as we talk anything else. However, there are times when any one of you may find yourself wrapped in a recipe couched in classic terms. Here's a glossary to help you. It not only includes definitions of various ingredients and techniques but also suggests new ways to translate quickly and easily many of the classic terms.

À la king. Food served in rich cream sauce with or without sherry.

À la mode. Food braised in the French manner, or pie or cake topped with ice cream.

Amandine. Diced almonds tossed in melted butter with a little lemon juice, a sprinkle of parsley.

Aspic of beef or chicken. Very quick canned, condensed consommé or clear, undiluted chicken broth with unflavored gelatin and a little wine, brandy, or lemon juice. No clearing, no straining necessary.

Aspics for dessert. Use fruit-flavored gelatin desserts with wine or fresh fruit juices substituted for part of the water.

Au gratin. Food moistened with eggs, milk, sauce, or consommé, covered with bread crumbs and butter or cheese, baked or broiled until brown.

Au jus. Meat served in its own natural juice.

Bain-Marie. Nothing but a double boiler, but in almost all cases slow heat and an asbestos pad or "Flame Tower" does as well.

Bake. To cook by dry heat in an oven. When it's meat you're doing, the process is usually called roasting. Ovens should be brought to the required degree of heat before the food is put in.

Balls. To make balls of melon, potatoes, or apples, there's a small implement you can buy even at the dime store. Simply press the edges firmly into your fruit or vegetable and twist. Press deep and you get a perfect circle. A teaspoon may be used instead, once you get the knack. Balls of cottage cheese or thick batters or mixtures are rolled between the palms of the hands. For butter balls you can get a pair of ribbed wooden paddles. Chill them well before using.

Barbecue. A word that has taken on many meanings. Traditionally it refers to a method of roasting or broiling food on a spit by reflected heat. It can also refer to the sharp, spicy sauce swabbed on broiled meat or poured on baked meat or fish. Nowadays it is applied to almost any food with a highly spiced, tomato flavored sauce.

Baste. Has nothing to do with sewing but refers to the business of moistening food, generally meats, with melted fat, meat juices, broth, hot water, or what you will. When meats are roasted at lowish temperatures as they should be according to the latest ideas basting is unnecessary.

Beat. To mix thoroughly with a quick rotary motion. When egg whites are treated in like manner, they're known as "whipped," usually with a rotary egg beater.

Béchamel Sauce. French name for our all-too-ordinary white sauce. Use canned creamed sauce to which you may add a bouillon cube, touch of nutmeg, sprig of thyme, and a little minced onion. Or, when the recipe calls for white sauce or Béchamel plus some tomatoes, celery, mushrooms,

peas, or asparagus, use the appropriate condensed cream soup, adding about ⅓ cup of any liquid.

Blend. To mix ingredients thoroughly until well combined.

Boil. Simplest of all cookery methods—where food cooked in liquid on the top of the stove is brought to the boiling (actively bubbling) point.

Braise. To tan food—meat or vegetables generally, in a small amount of hot fat; then cook slowly in a heavy covered pan on the top of the stove, in a very little added liquid.

Bread (the verb). *See* Coat.

Brown Sauce or Espagnole. Can be approximated by beef gravy (canned) darkened with Kitchen Bouquet, thinned slightly with a little wine or brandy. Flavor with herbs.

Brown Stock or Estouffade. Use canned, condensed, undiluted consommé or bouillon, or beef bouillon cubes dissolved in a little hot water.

Brush. To spread butter, egg, or other liquid lightly with a brush, a bit of paper, cloth, or a finger.

Calorie. Amount of heat required to raise 1 kilogram of water 1° C.

Caramel. In the old days you had to burn sugar, but now you buy a bottle of Zeste Morestin. Caramelizing a mold for custard puddings involves nothing more than pouring a little of the liquid into your mold, cooked down until it is bubbly and slightly syrupy (about 2 minutes).

Caramel Sauce. Melt Kraft's caramels in top of double boiler.

Casserole. Heat-proof dish in which food can be both cooked and served.

Chantilly Cream. Never meant anything except sweetened whipped cream, but now it's ready-whipped cream, which comes in a pressurized tin so that you can lay on swirls and designs without a pastry tube.

Charlotte. Usually a gelatin dessert with flavored whipped cream in a mold lined with lady fingers.

Chicken stock. Canned, condensed, clear chicken broth, undiluted. Chicken concentrate or chicken bouillon cubes. (Use twice as many as the recipe calls for to get good flavor, but watch the salt.)

Chowder. A soup or stew of sea food or vegetables.

Coat (the verb). To dip food into beaten eggs, then into bread- or cracker crumbs, or merely into seasoned flour. Here's a nice, clean, quick dodge: place flour for coating in a paper bag, throw in food, hold the bag shut, and shake. There are several packaged coatings available, such as Dixie Fry and Golden Dip.

Coddle. A knowing way to treat your breakfast egg. Bring water to a boil, take pan off fire, slip in the egg (still in shell). Cover—and forget for 4 to 8 minutes.

Confectioner's sugar. Sugar ground extremely fine to the consistency of cornstarch. Often marked XXXX on package.

Court Bouillon. Broth used for poaching salmon, etc. Try dehydrated mixed vegetable flakes plus herbs, water, vinegar, or wine. Souplets may be used instead.

Cracklings. The crisp residue of fat, especially pork fat that has been rendered, or the crisp skin of roast pork or goose. (Crisp bacon may be substituted.)

Cream (the verb). To "cream the butter," use the back of a spoon to give to butter, or reasonable facsimile thereof, a thorough rubbing. Creaming is easier when butter is not too hard and cold. But never make the mistake of melting it - melting alters the taste permanently. Cream also means to serve in a cream sauce, as creamed chicken, creamed potatoes, etc.

Crême Patisserie. Prepare packaged pudding with extra egg yolks added and thin cream used instead of milk. The instant puddings, made with precooked starch which need no cooking, are excellent.

Crisp. To make firm and crunchy by: (1) placing in a bowl of very cold water or (2) setting in a slow oven, 325° F., for a few minutes. The first method is for celery, radishes, carrot sticks and such. The second goes for cereal, rolls, and the like. Any attempt to interchange the methods would prove disastrous!

Croquettes. Finely chopped cooked food held together by eggs or sauce, shaped, dipped into egg, coated with crumbs and fried.

Croutons. Cubes of bread fried, used to garnish soup, salad, etc.

Cuisine. French for "kitchen." A style of cooking.

Cut. To go to work on something with a knife or scissors—that's simple. Also refers to the process of blending fat into flour through the use of 2 knives, a fork, or regular pastry blender. The last routine is the beginning of wisdom in the making of pie crust. However, in this book we don't make pie crust we use a mix or cracker crumbs.

Demitasse. A small cup of double-strength afterdinner coffee.

Deviled. Food highly seasoned or spiced.

Dredge. To coat with flour or sugar.

Drippings. The rich, fatty juices that trickle from meat during roasting or frying, as from bacon or salt pork.

Entree. Usually refers, today, to the main course of a meal; or a dish coming between two chief courses of a formal meal.

Espagnole. See Brown Sauce.

Filet mignon. The eye of a section of beef, especially cut into inch-thick pieces.

Fillet. Long, thin, boneless, and skinless strips of fish or meat.

Fines herbes. Mixed finely chopped herbs used for flavoring.

Fish stock or fumet. Use undiluted, bottled clam broth plus wine and herbs.

Flake. To break into small pieces.

Flambée. To cover food with spirits and serve it ablaze.

Fold (the verb). Find a beaten egg white in a recipe and you'll probably discover it's to be "folded," i.e., introduced gently to the rest of the ingredients by a peculiar sort of roll down, then up, then over motion. The idea is to distribute evenly, without beating.

Fondue. A famous cheese dish in Switzerland, or egg and cheese combinations.

Forcemeat. Pastes of meat, fish, or shellfish (canned *pâtés*, strained meats for babies, deviled ham or minced ham *pâté*, etc.) used for soup garnishes or stuffings.

Frappé. Juices frozen to a mushy consistency.

Fry. To cook in fat, usually in a skillet. Use a little fat and it's pan-frying; use enough to cover the food and it's deep-fat frying (Automatic deep-fat fryers take all the fuss and bother out of deep-fat frying.)

Fry out. Usually refers to bacon. To heat slowly until the fat is liquid.

Garnish. To make more attractive, and frequently to finish the seasoning.

Glacé. Glazed, iced, or frozen effects.

Glaze. To cover with a glossy coat (aspic, a gelatin mixture, a thin sugar syrup that has been cooked to the crack stage, etc.).

Grill. *See* Broil.

Hollandaise. A sauce made of egg yolks and butter, served hot or cold with vegetables or fish. You can buy it in jars.

Julienne. Food cut into narrow, matchlike strips.

Macedoine. A mixture of vegetables or fruits. Several good ones come canned and quick-frozen.

Maître d'hôtel butter. Butter flavored with chopped parsley and lemon juice.

Marinade. A pickling mixture such as French dressing, in which food is soaked for added flavor and/or tenderness.

Marinate. To soak in a marinade (see above).

Marzipan. Almonds crushed to a paste with sugar. (Use Holiday macaroon mix.)

Mask. To cover completely with mayonnaise, aspic, or sauce.

Minestrone. A thick Italian vegetable soup served with grated cheese.

Mousse. A mixture of whipped cream, or thin cream and gelatin, with fruit, meat, vegetables, etc., frozen without stirring.

Mushroom liquor. Formerly made from mushroom parings; use canned, condensed mushroom broth or liquid from canned mushrooms.

Pan-broil. An excellent method of dealing with lamb chops, hamburgers, etc., if you are limited to top-of-the-stove cookery. Simply heat a heavy frying pan, put in very little fat—no more than it takes to keep the food from sticking. Let your lamb chop or what-have-you brown on one side, then on the other, turning frequently at first so that the meat will be quickly seared (*See* Sear.) Then cook, turning occasionally, until there are no visible signs of red.

Pan-fry. *See* Fry.

Parboil. To do half the job of boiling.

Parfait. A frozen dessert of beaten egg whites or yolks cooked with hot syrup and combined with whipped cream; or a mixture of ice cream, fruit, and whipped cream.

Pâté de foie gras. Goose liver paste. Liver pâté makes a good substitute.

Petit Fours. Tiny frosted cakes.

Pilau. Southern version of the oriental dishes combining meat, fish, and vegetables with rice.

Pimiento. Sweet red peppers, often canned.

Poach. To cook softly in hot liquid which is kept just below the boiling point. Eggs take this treatment very well, as you know—as does fish and also fruit. (Canned fruits often take the place of fresh poached fruits in modern menus.)

Polenta. An Italian dish of corn meal.

Powdered sugar. A finer grind than granulated, but in which the individual granules are still discernible.

Printanier. The exact combination of early spring vegetables called for in Escoffier's recipes is now provided in packaged quick-frozen mixed vegetables. Cook them in butter, add a little wine.

Purée of cooked vegetables or fruits. Use strained baby foods.

Purée of raw vegetables or fruits. Dice. Whir in your electric blender with a little water.

Ramekins. Individual baking dishes.

Ravigote Sauce. French dressing (made without sugar, please), plus capers, finely chopped onions, and such *fines herbes* as taragon, chervil, and chives.

Reduce. To lessen a quantity of fluid by boiling it away, uncovered.

Rémoulade Sauce. Prepared mayonnaise plus hot mustard, chopped gherkins, capers, *fines herbes,* and a little anchovy paste.

Rissole. To brown croquettes; or fried pastry filled with meat, fish, or fruit, i.e., old-fashioned fried pies.

Roast. *See* Bake.

Roe. Eggs of fish.

Roux. A melted fat and flour base used to thicken sauces or soups. *See* White Sauce.

Salt. Give with the what-it-says. When recipe says, "Salt to

taste," add half as much as you think you should. Stir, taste. Remember, seasoning is easy to add —hard to remove.

Sauce Soubise. Condensed or dehydrated onion soup, double strength, slightly thickened.

Sauté. Literally means "to jump"—means quick browning in little fat over a hot fire.

Scald. To bring to a point just this side of boiling—to scald milk, heat (covered) over boiling water or on flame timer till foamy on top. Nowadays, milk is no longer scalded for custards—eggs added to cold milk are easier, surer!

Scallop. To bake food in layers covered with sauce and crumbs in a casserole.

Score. To cut shallow lines on a surface.

Sear. This is a term usually met up with in meat recipes and refers to the process of imprisoning the precious juices. This can be done by browning quickly in very little fat or by setting in an excessively hot oven for a few minutes.

Sherbet. A frozen mixture of fruit juice, sugar, egg whites, and milk or water.

Shortening. Mostly it's fat, such as Crisco, Spry, margarine, butter . . . this is a term you are sure to meet up with in recipes for cakes, cookies, pie crust, waffles. It's the stuff that makes them tender.

Shred. To cut into thin strips.

Simmer. To stew adagio. *See* Stew.

Sliver. To cut or shred lengthwise.

Souplets. Vegetable bouillon cubes.

Stew. A lazy kind of cooking over a low fire—for quite a long time and with no undue amount of liquid sloshing about.

Stock. Something like a bond? Guess again. It's broth made by boiling meat or vegetables. In case you don't get around to making stock from a shin of beef, Campbell's bouillon is excellent to use in recipes calling for beef stock. Vitalox or B-V plus hot water are good, too. When it's chicken stock you need, use chicken bouillon cubes. Souplets doused in hot water make fine vegetable stock.

Tomato Sauce. Condensed tomato soup—not cream of tomato soup unless the recipe also includes cream. Canned Del Monte or Hunt's tomato sauce may be used but needs much extra seasoning.

Until set. Until a liquid has become firm, usually applied to a gelatin mixture.

Velouté Sauce. Like Espagnole, this is one of the basic sauces. Most easily made from a can of condensed cream of chicken soup diluted with ¼ to ½ cup water, wine, or cream. Strain out the bits of chicken and celery if you wish.

Whip. See Beat.

White Sauce. A basic, sometimes pretty awful, sauce often called for in recipes. When incorrectly made, tastes, also looks, like lumpy wallpaper paste . . . We usually use a can of cream of mushroom soup diluted with about ¼ cup water. And there you have it a wonderful white sauce plus mushrooms.

L

is for your Liquor Closet. Most hospitable souls feel the need for something or other in the way of a bar, but it need not be extensive or expensive. Why not fit up a shelf in a closet or use the top of your desk? Basic requirements for the most asked-for drinks are a bottle of Scotch, Bourbon, or rye, or all three; gin, dry vermouth, rum, Angostura Bitters, club soda, ginger ale, cocktail onions, or olives. And do have a long bar spoon, an ice bucket, muddlers, a cocktail shaker, and/or a pitcher for martini mixing. Most important is a jigger for measuring drinks. The "say-when" routine can be expensive and often disastrous.

is for Measuring. A piece of butter the size of an egg, a teacup of sugar, or a little milk may give the key to success to a highly experienced cook, but for those of us who are feeling our way, it is wise to use standard measuring cups and spoons and *measure carefully*. Use the blade of a knife to level off all your measurements. To measure, let's say, ½ cup of butter, half fill the cup with water and keep adding butter until the cup runneth over. Or for a tablespoon of butter, measure off ⅜ of an inch of a ¼-pound bar. For a teaspoonful, measure off ⅛ of an inch. A ¼-pound bar of butter equals ½ cup. 1 pound of butter equals two cupfuls.

MEAT FOR YOUR MAN TO EAT

Buying. In the days of the old-fashioned butcher shop, the man behind the counter could tell you not only what cuts of meats to buy for various dishes, but how to prepare them. Today most meat is cut behind the scenes or at some distant central point from which it is distributed to supermarkets (or even departments stores) preweighed, wrapped, and priced. This makes for quick shopping—but the meat is mute, and there's no friendly butcher nearby to advise you. If we have lost in one direction, however, we have gained in another; for packaged meats are plainly labeled.

Also available in more and more markets are quick-frozen meats. Their quality, like that of quick-frozen fruits and vegetables, is likely to be uniformly high. In many cases the meat is specially bred for fine eating. These meats keep indefinitely in your freezing compartment. They can be cooked, frozen, or thawed preferably solid-frozen. Among them are many "apartment-size" cuts.

Storage. Always remove wrappings from fresh meat, cover loosely with waxed paper or aluminum foil, store in the coldest part of the refrigerator. Beef roasts and picnic hams will keep for several days before cooking; but most fresh meat is fairly perishable and such items as chopped meat, liver,

kidneys, and pork sausage should be used as soon as possible —within 24 hours.

Packaged frozen meat usually come ready for storage in your freezer; otherwise rewrap them in aluminum foil.

HOW TO PAN-FRY OR SAUTÉ

Thin pieces of tender meat, such as chip steaks or cubed steaks, and chopped meat, such as hamburger, are generally pan-fried.

If you are frying cutlets or any meat that has been floured, egged, or crumbed, heat a small amount of fat in a heavy frying pan. Liver, hamburger, or cubed steak also needs fat in the pan, but for ham or bacon no grease is necessary. Don't let the fat get smoking hot it affects the taste.

Do not cover the meat—otherwise there will be none of that crispy crust you want. Turn occasionally. Cook the meat until brown on both sides and *done*. The trick about pan-frying is to have the meat cooked through while it is browning. To make sure that meat is done, cut a tiny gash (close to the bone if there is a bone) and take a look.

When turning the meat, be careful not to spear with a fork; the juices will escape if you do.

HOW TO PAN-BROIL

Top-of-the-stove broiling is a godsend to the kitchenette cook. Practically anything that can be oven-broiled can be pan-broiled. For minute steaks, thin-cut lamb chops, or other thin cuts of meat, this method of broiling is better.

Put your meat in a heavy frying pan or on a griddle. Heat slowly. The pan or griddle does not need to be sizzling hot, nor is it even necessary to preheat it.

Do not add fat or water, do not cover otherwise you will end up with something like a stew. Most meat cuts have enough fat to prevent their sticking to the pan. If they are *very* lean, you can grease the griddle or frying pan slightly.

Turn the meat now and then, not just once as in oven-broiling, to brown the meat on both sides. Again, don't use a fork. Pour off fat as it accumulates.

Season with salt and pepper, dot with butter, sprinkle with chopped chives or parsley or what you will in the way of a sauce, and serve on a *heated* platter, please.

HOW TO BROIL

This is one of the easiest, best, and quickest ways to cook tender beefsteaks, lamb or mutton chops, slices of ham, hamburgers, or chopped lamb patties. Broiling is not generally a good idea for fresh pork or veal, since pork needs long cooking and broiled veal is inclined to be dry.

This is *news:* You *can* broil solid-frozen meat. Chops or steak can be placed in the broiler without any thawing whatever.

Buy steaks or chops at least 1 inch thick, slices of ham at least ½ inch thick.

Turn the oven regulator to Broil. Most people prefer to preheat the broiler about 10 minutes before introducing the meat (not absolutely necessary).

Place the meat on the rack of the broiling pan close to the source of heat for a crusty outside. Some kind of rack is necessary; if you broil in an ordinary pan the juices will stay around the meat and you will have a stew rather than a broiled object.

Broil until the top side is nice and brown. If the fat catches fire, never mind you will get a charcoaled, grilled flavor which is delicious. *Never* throw water on a fat fire. If you must throw something, let it be salt or a little flour.

At this point you may season the top side with salt and pepper before turning. If you are broiling a slice of ham or bacon, forget the salt. Some people prefer to withhold all salt and pepper until the meat is on the platter and ready to serve.

Turn and brown on the other side; don't spear or pierce with a sharp fork—use spatulas.

Now for some pepper and salt on the second side. Have your platter hot; top steak with a lump of butter or margarine, maybe a little parsley, chives, or Worcestershire Sauce. Broiled meats are not good "waiters"—they dry out. If you cannot be too definite about the time of eating, plan some other dish.

Note:

In timing your meal preparation remember that meat which is solid-frozen requires *twice as much cooking time.*

HOW TO ROAST

A revolution has taken place in roasting meat, and many of the old-time rules—for searing in a red-hot pan, starting roasts at high heat, covering, basting, preseasoning—have been abandoned. By modern methods roasting is simpler than ever, more economical, because there is so much less shrinkage—and the roasts never tasted so good!

Any tender cut of beef, veal, pork, or lamb is an excellent candidate for a roast, but don't try to roast too small a cut of meat—not less than 3 or 4 pounds.

Place the roast on a rack in an open, shallow pan with the fat side up. The rack holds the roast out of its own juices and, with the fat on top, you won't need to baste.

If you have a meat thermometer, insert it so that the bulb is in the center of the thickest part—it should not touch bone or fat. With fresh meat, the thermometer goes in immediately; with frozen meat which has not been thawed first, insert the thermometer halfway through cooking.

Add no water, no seasonings, no flour. Use no cover—otherwise you will have a pot roast.

Do no searing, no browning; start your oven at 325-350° F. and leave it there. Repeated tests have shown that the use of a moderate oven throughout reduces shrinkage by half. You need not sacrifice those crusty outside slices. When the meat is finished roasting, you can spread dry mustard or sprinkle flour or Charcrust on top and run it under the broiler for a few minutes.

You may season your roast with salt and pepper before serving, but many prefer to let each guest season to his own taste.

Pan Gravy. Place the roast on a heated oven-proof platter in the oven. Pour off all but 3 tablespoons of fat from the roasting pan. Put the pan on top of the stove over low heat. Add 1 teaspoon of any good bottled steak sauce; then slowly pour on 1 cup boiling water—or ½ water and ½ wine stirring well to get all the good brown juices. Boil up once, then pour immediately into a very hot gravy boat.

HOW TO BRAISE

Pork chops, veal chops, pork liver, and veal cutlets take to braising. And if you are at a loss as to how to cook an un-

familiar cut of meat, it is almost impossible to go wrong if you braise it.

Brown the meat slowly on all sides in a heavy frying pan or Dutch oven; a slow brown stays on the meat better than a quick brown at high temperature. Season with salt, pepper, herbs, and/or spices; add a little liquid—not enough to cover but about halfway up. This may be water, soup stock, vegetable juice, tomato juice, sour cream, or wine. Simmer at low temperature—do not boil until the meat gives no resistance to a fork. This may be done on top of the stove or in a slow oven, 300° F., and in either case the pan must be covered with a tight-fitting lid.

Tenderizing. Further back in time than anyone can tell, Indians in the tropics began wrapping their meat in papaya leaves. How they stumbled on this way to tenderize their meat, we do not know, but some time ago it was scientifically established that an enzyme present both in the leaves and fruit is what initiates the tenderizing action.

Originally, papaya enzyme was put up commercially in liquid form; it failed to win wide-spread or permanent popularity, however. Not until it appeared in powdered form, so that you can estimate with your eye how much you're sprinkling on the meat—and can be sure you've spread it evenly—did papaya enzyme in any form achieve wide distribution.

Today you can buy powdered meat tenderizer under various brand names and in two forms, seasoned and unseasoned. The unseasoned variety is preferable because it permits you to season later to your own taste. Use the powder, according to package directions, on meat which has been allowed to reach room temperature; apply evenly to both sides of the meat and allow it to stand 30 minutes for each ½ inch of thickness. The tenderizer will not work on gristle or skin. One word of warning: do not apply with too heavy a hand an excess of papaya enzyme will literally predigest your meat!

A PERFECT STEAK—RIGHT OUT OF THE FREEZER

Get quick-frozen steak 2 inches thick . . . you can plunge it right into the broiler without thawing!

You will need:

frozen steak

olive oil
Kitchen Bouquet

Preheat the broiler. Brush the steak—solid-frozen, right from the freezer with olive oil; do not salt and pepper it. Sprinkle Kitchen Bouquet over the steak, including the fat. Place as close as possible to the heat . . . if the steak catches fire, no harm done. To prevent more blaze than you want, sprinkle a thick layer of salt in the bottom of the broiling pan but, please, don't add water.
No matter what kind of broiler you use, leave the door open. The action of air has much to do with the flavor of wood-fire meat. For steak done rare (the only way gourmets will have it), cook 20 minutes on each side. (Twice as long as needed for steak at room temperature.

At serving time:

Remove to a plank or platter that's hot as blazes, using pancake turners, large spoons, or spatulas (not a fork, which releases the juices). With a sharp knife slice the steak against the grain, serve laved with its natural juice on slabs of bread or crusty heated club rolls.

Note:

For similar results with fresh beef, be sure the steak is well aged; leave it out of the refrigerator for several hours or until it attains room temeprature; cut cooking time in half.

Variation:

Pepper Steak. Rub the steak with dry mustard and sprinkle, after browning, with salt and a lot of coarsely crushed black peppercorns. And now you know the secret of the internationally famous pepper steaks of Henri Soule's Pavillon Restaurant in New York and Holiday House on the seacoast near Los Angeles.

NEW LONDON BROIL

This is a delicious, very quick dish, made from the flank steak, generally cut only about ½ inch thick and, though flavorsome, inclined to be quite tough. In the days before we had good meat tenderizers, 6 out of 10 times it didn't turn out too well.

You will need:

flank steak
powdered meat tenderizer
salad oil, butter or margarine
canned diced mushrooms
A-1 Sauce

Sprinkle 2 pounds of flank steak evenly and generously with powdered unseasoned meat tenderizer clear to the edges, so that there will be no tough bits. Usually one side of the steak is covered with skin: the tenderizer will not penetrate this, so sprinkle the skin side only on the places which are bare. Let stand at room temperature for a ½ hour. Brush liberally with salad oil, butter, or margarine, broil or pan-broil. If you want to achieve a dark color quickly, brush lightly with Kitchen Bouquet. Drain a 3-ounce tin of canned mushrooms; heat in 1 tablespoon butter. Add 1 teaspoon A-1 Sauce. Sprinkle steak with salt and pepper. Place mushrooms on top.

At serving time:

Bring to the table on a very hot platter and slice diagonally into ½ inch strips. Serve with mashed potatoes. 4 generous servings.

DOUBLE-QUICK SAUERBRATEN

Quick-frozen thin sandwich steaks are merely heated, rather than cooked, in a sauerbraten gravy put together in five minutes from a can of beef gravy.

You will need:

thin minute steaks
canned beef gravy
wine vinegar
onion
brown sugar
allspice
cayenne pepper
ginger
bay leaf

To 10-ounce tin of beef gravy add 2 or 4 tablespoons wine vinegar—red wine vinegar is best—1 small onion very thinly sliced, 2 tablespoons brown sugar, ¼ teaspoon allspice, ⅛ teaspoon cayenne pepper, ½ teaspoon

ginger, ½ bay leaf, and salt and pepper to taste. Simmer all together until onion is tender. Take off the fire; add 1 package frozen minute steaks. Cover and let stand at least 10 minutes.

At serving time:

Heat quickly. Serve with canned, heated red cabbage, potato pancakes . . . and beer. Rye bread! Nothing could be more traditional.

SUKIYAKI

This is an adaptation of the Japanese dish using readily available American ingredients.

You will need:

beef suet or peanut oil
Bermuda onion
celery
canned sliced mushrooms
frozen leaf spinach
canned bean sprouts or
Frenched green beans
spring onions with tops
chicken or
beef bouillon cube
quick-frozen chip steaks
soy sauce

Rub heated frying pan with 2 pieces of 1-x-2-inch beef suet and leave it in pan. (In place of suet you can use 1 tablespoon peanut oil.) Add 1 sliced Bermuda onion; cook till golden. Add 1 bunch celery chopped, 2 6-ounce cans drained sliced mushrooms, 1 package (12 ounces) leaf spinach which has been thawed, 2 cups canned drained bean sprouts or Frenched green beans, 1 bunch spring onions, with 3 inches of tops left on, cut into 1-inch pieces. Cook only until vegetables are thoroughly heated. Make ½ cup warm broth with 1 chicken or beef bouillon cube; add enough to cover bottom of pan. Push the vegetables to one side of the pan and cook 12 quick-frozen chip steaks, putting a few steaks in the pan at a time When beef has lost its red color, which should take only a few minutes, season sukiyaki with ¼ cup soy sauce and pepper. Cook 2 or 3 minutes longer.

At serving time:

Serve from the cooking dish with rice. 4–6 servings.

FLAMING SHASLIK

A home-kitchen version of a world-renowned Russian specialty one of the more popular entrees at the St. Regis Maisonette.

You will need:

1½-inch cubes beef
onions
garlic
claret or Burgundy wine
vinegar
olive or salad oil
cayenne pepper
marjoram, rosemary, or oregano
mushroom caps
green pepper
tomatoes
lemon

Place 2 pounds cubed beef in bowl with 2 thinly sliced onions, 1 crushed clove garlic, 1 cup claret or Burgundy wine, 2 tablespoons vinegar, ½ cup olive or salad oil, 2 teaspoons salt, ½ teaspoon pepper, dash cayenne pepper, and ¼ teaspoon marjoram, rosemary, or oregano. Let stand several hours or overnight. Saving liquor, put meat on skewers with whole mushroom caps, pieces of green pepper, whole small or large quartered tomatoes, and place a section of or whole small lemon at end of skewer. Broil slowly, brushing several times with marinating liquid.

At serving time:

To achieve flames, tie to the end of the skewer a piece of absorbent cotton which has been moistened with brandy or lemon extract, and light.

HUNGARIAN BEEF GOULASH

When you are preparing a stew from scratch with raw cubed beef, the pressure cooker is a wonderful timesaver,

enabling you to put this delicious goulash on the table in little more than ½ hour.

You will need:

cooking fat
cubed beef
flour
condensed onion soup
Hungarian paprika
cider or tarragon vinegar
caraway seeds, marjoram, capers, bay leaves, parsley sprigs
sherry

Heat 1 tablespoon cooking fat in pressure cooker, Dutch oven, or other deep heavy kettle. Shake 2 pounds of 1- or 1½-inch cubes beef in a bag with ⅓ cup flour until evenly covered. Brown meat well in hot fat, turning occasionally. Add 1 can condensed onion soup, 1 tablespoon Hungarian paprika, 1 tablespoon cider or tarragon vinegar, 1 tablespoon caraway seeds, 1 teaspoon marjoram, 1 teaspoon capers, 2 bay leaves, parsley sprigs, and ¼ cup dry sherry wine.

If you are using a pressure cooker, put the cover in place, allow steam to flow from vent pipe to release all air. Place indicator weight upon vent pipe; and when 15 pounds' pressure has been reached, cook 15 minutes for 1-inch cubes or 20 minutes for 1½-inch cubes. Let stem return to down position, open cooker, and remove bay leaves and parsley.

With a Dutch oven or kettle cover tightly and simmer, but do not boil, for 2 to 2½ hours.

At serving time:

Broad noodles or boiled potatoes are traditional accompaniments. 4–6 servings.

ITALIAN-AMERICAN STEW

The Italian name for this stew is *garafolato*. Use a canned beef stew which does not contain potatoes, for this dish is traditionally served with rice or pasta.

You will need:

beef stew
canned tomatoes
ground cloves
olive oil

red wine
garlic
parsley

Combine 2 cans beef stew with 1 can of tomatoes, ½ cup red wine, one or two cloves garlic crushed, a dash of ground cloves, 2 tablespoons olive oil, 4 tablespoons chopped fresh parsley. Simmer until well blended.

At serving time:

Traditionally *garafolato* is accompanied by celery or cardoons (a thistlelike relative of the artichoke) which have been cooked in consommé. 4 servings.

BRUNSWICK STEW

One of the great dishes of our country is the Brunswick Stew, which Georgia claims. The old recipes say, "Toss in a couple of squirrels." Rabbits go into a Brunswick Stew; so do game and chickens. But here's how you can make an unorthodox but authentically flavorous version.

You will need:

canned beef stew
canned chicken fricassee
small can of tomatoes
canned or
quick-frozen succotash
sherry (optional)
Worcestershire Sauce
cayenne pepper or
Tabasco Sauce

Heat together 1 can of beef stew, 1 can of chicken fricassee, 1 small can of tomatoes, 1 can or a package of quick-frozen succotash. Now for the seasoning –plenty of it! In the Carolinas they would add ½ cup sherry and 1 teaspoonful of Worcestershire. In Georgia —no sherry, maybe two or three tablespoons of Worcestershire Sauce. Be generous with salt, too; pepper and cayenne or Tabasco. If you want more liquid use consommé or chicken broth. For a thicker stew, add ¼ cup packaged bread crumbs or a little flour and water.

At serving time:

Ladle into hot deep plates and pass the corn bread—smoking hot!

STUFFED MEAT LOAF

Meat loaf is one of the perennial mainstays of a church supper and for a touch of elegance, the members of the Ladies' Aid Society were wont to tuck a hard-cooked egg (deshelled, of course) in the middle of the loaf.

You will need:

chopped beef
poultry stuffing
dehydrated onion flakes
condensed cream of mushroom soup
eggs
lean bacon

Mix 2 pounds chopped beef with 1 cup poultry stuffing and 2 tablespoons dehydrated onion flakes. Add ¾ cup condensed cream of mushroom soup and 1 slightly beaten egg; blend well. Shape into a loaf around 1 hard-cooked egg, arrange 4 strips of lean bacon over the top. Bake in an oven-proof dish in a moderate oven, 350° F., for 1 hour. Ten minutes before it is done spoon the condensed cream of mushroom soup still remaining in the can around the meat loaf, giving it time to heat thoroughly.

At serving time:

Bring to the table in the baking dish; spoon a bit of the mushroom sauce over each slice as you serve it. 6 servings.

CHILIBURGERS

The burger in all its forms is a truly American invention; here it teams with another American-by-adoption dish.

You will need:

chopped meat
dry red wine
butter
buns
onion
canned rarebit or chili, chili powder and cumin seed

To 3 pounds chopped meat add ½ cup dry red wine,

salt, and freshly ground pepper. Divide into 12 patties and cook.

At serving time:

Serve with buttered hamburger buns, onion rings, and canned rarebit which has been heated, or chili sauce. To make chili sauce, add ¼ teaspoon chili powder and ½ teaspoon cumin seed to can of chili, stir and heat.

DRESSED-UP CHIPPED BEEF WITH ALMONDS

A modern version of one of the chafing-dish specialties popular in the "Turkish corner" era.

You will need:

dried chipped beef
can condensed cream of mushroom soup
milk
Kitchen Bouquet
almonds

Soak ¼ pound dried chipped beef in water for at least 10 minutes to remove some of salt; drain. Place in chafing dish with 1 can condensed cream of mushroom soup (1⅓ cups), 1¼ cups milk, a bit of freshly ground black pepper; add ½ teaspoon Kitchen Bouquet for brown sauce. Heat slowly.

At serving time:

Garnish with 4 tablespoons toasted almonds and a few shreds of unheated beef; serve on rice or toast. 4 servings.

NEW ENGLAND BOILED DINNER

Every survey of what Americans like to eat will point out that simple, substantial, and attractive fare is far and away the most popular. Well toward the top of the list is this one-pot dinner which adds several other vegetables to the classic corned-beef-and-cabbage. Here is a quick-and-easy version.

You will need:

onions
canned carrots

cabbage
canned corned beef
canned potatoes
canned turnip
canned beets (optional)

Boil together 4 halved small onions and 1 quartered small head of cabbage 10 to 15 minutes. Add 1 can compressed corned beef, all in 1 piece, 1 small can each of whole cooked potatoes, carrots, and diced turnip, season with a dash of pepper, and heat together thoroughly.

At serving time:

Place the piece of corned beef on the center of a hot platter and surround it with the vegetables. To garnish with a touch of color, heat a small can of whole cooked beets separately and place at intervals around the platter. 4–6 servings.

CORNED BEEF HASH CAKES

Traditionally this is the end and some people say the best — part of a boiled New England dinner.

You will need:

onion
Worcestershire Sauce
canned corned beef hash
fat for frying

Add ½ small onion finely chopped and 1 tablespoon Worcestershire Sauce to 1 can corned beef hash. Shape into 4–6 patties. Brown for 5 minutes in frying pan.

At serving time:

Rush to table piping hot. 4-6 generous servings.

Variations:

Little Hashers. Pat mixture into little mounds the size of a silver dollar and brown. Serve at the cocktail hour. About 16 servings.

HASH WITH EGGS

This is without fuss, bother, or trouble. And eggs are always perfect in shape and flavor!

You will need:

canned corned beef hash
eggs

Brown thick slices of canned corned beef hash on both sides in frying pan. With a spoon make a small depression in hash and break eggs into the depression. Cover the pan and cook at very low heat for about 5 minutes—and there are your poached eggs on hash.

At serving time:

Do this in a frying pan that can come to the table and there's no problem. Plan on one No. 2 can of hash to make 4 large portions.

Variation:

Rub inside of individual ramekins or custard cups with butter or margarine. Hide a slice of tomato in each cup. Add a portion of corned beef hash, with a little extra seasoning if you're so inclined. Break an egg on top and set in a slowish oven, 350° F. By the time the egg is set, the hash and tomato will be heated through and the result eminently satisfying.

STEAK AND KIDNEY PIE

A lordly dish of old England becomes a quick dish when made with canned beef and kidney stew.

You will need:

canned beef and kidney stew
Kitchen Bouquet
packaged pie mix

To a can of beef and kidney stew, add ½ teaspoon Kitchen Bouquet. Heat. Make pie crust from a packaged mix according to the package directions, using

only ½ of the package, since you will need only one crust. Butter a shallow baking dish or pyrex pie pan. Turn a custard cup upside down in the center of the dish—this is an old-time English trick for keeping the crust high and handsome. Pour the heated stew into the pan. Cover with the pie crust. Make 6 small cuts in the crust to permit the steam to escape. Bake in a moderately hot oven, 375° F., until crust is lightly brown.

At serving time:

Serve from the dish in which it was baked. Makes 2 servings. A plate of crisp raw vegetables and relishes goes well with this English pie—carrot sticks, cucumber fingers, or dill pickles, celery, radishes, olives, gherkins, raw cauliflower.

PAN-FRIED LIVER WITH SMOTHERED ONIONS

Calf's liver, veal liver and, usually, baby beef liver are tender enough for pan-frying preferably in bacon drippings to further enhance the flavor. Here we use the uniformly delicious quick-frozen liver.

You will need:

onions quick-frozen liver
bacon drippings

Cut 2 medium onions into thin slices and pan-fry in just enough bacon drippings to keep onions from sticking to the pan. (Start with 1 tablespoon drippings and add more only if needed.) Turn occasionally until onion slices are soft and golden brown, then push the onions to one side of the pan and pan-fry 1 pound of liver, which has been thawed just enough to separate the pieces. Keep the heat low; when the liver is well browned on one side, turn the pieces and heap the cooked side with the onions; cook liver on the second side until well browned.

At serving time:

Serve with mashed potatoes and peas or green beans. 3–4 servings.

TENNESSEE HAM SLICES WITH RED HAM GRAVY

Slices of ham should be cut from the center, at least ½ inch thick. Start with a cold frying pan. (You can grease it lightly with a little of the ham fat if you wish.) Slowly brown the ham first on one side, then on the other. Remove to a heated platter.

For Tennessee red ham gravy, add 1 teaspoon paprika and a small amount of boiling water to the hot ham fat still in the pan. Pour over the platter or pass separately in a well-heated gravy boat.

MONTICELLO HAM WITH CHAMPAGNE

In lavish olden days in the great houses like Mount Vernon and Monticello, hams were cooked in kettles filled with champagne. Today we approximate the fine flavor with one of the excellent tenderized or ready-cooked hams and champagne sauce.

You will need:

champagne
tenderized ham

Pour one cup of champagne over the ham and bake in a moderate oven, 350° F., 5 minutes for each pound. Baste the winy juices over the ham every now and then.

For the sauce:

consommé
powdered cloves
cinnamon
lemonade concentrate
champagne

To make the champagne sauce, add to 1 can condensed consommé, ⅛ teaspoon powdered cloves, ⅛ teaspoon cinnamon, and 1 tablespoon undiluted quick frozen

lemonade concentrate. Simmer 3 minutes. Add ½ cup champagne. This makes about 1½ cups of sauce.

At serving time:

Serve this ham neither hot nor cold, but warm with the sauce. Count on 1 pound of ham to make 3 or 4 servings.

WEST VIRGINIA HOLIDAY HAM

Many garnishes for baked ham have become food clichés —pineapples, cherries, and spiced peaches, for instance. Here is a distinctive garnish, a perfect complement in flavor to the ham, as it is sometimes served in the South . . . and not to be met on everyone's table.

You will need:

dry mustard
ham
honey
watermelon rind pickle
green cucumber pickle
toothpicks

Rub 1 tablespoon dry mustard into canned, precooked or home-boiled ham; score rind into diamond shapes with a knife. Pour on 1 cup honey mixed with the juice from the two kinds of pickles. Bake in a moderate oven, 350° F., long enough to heat through and glaze prettily, basting 2 or 3 times with the juices from the bottom of the pan. About 10 minutes before the ham is to be removed from the oven, fasten thinly sliced watermelon rind pickle and perfect rounds of sliced green cucumber pickle alternately onto the pieces of diamond-shaped rind. (Break toothpicks in half and use to secure the pickles to the rind.) This will allow the pickle to glaze prettily without drying out.

At serving time:

Bring to the table on a large platter.

Other garnishes for Baked Ham:

Pepper Ham. Instead of the too-usual clove, stud a ham with

peppercorns, coarsely crushed rather than ground. They'll stay in place if you press them lightly into the fat.

Brandied Ham. Consider the drama of a whole canned ham, richly glazed with honey, set ablaze with brandy at the table, and garnished with brandied fruits.

Salt cured Ham. The salt-cured country hams of Tennessee and Kentucky can be ordered cooked and ready to slice. For these a coating of mustard and bread crumbs is more appropriate than a sweet glaze.

Left-over Ham. If you have any doubts about what to do about the last hard bits of a fine Virginia ham, grind fine for an omelet or a soufflé. Or mix with left over or canned cooked turkey or chicken. Heat in condensed cream of chicken soup and serve over split squares of hot corn bread. A little curry? Suit yourself.

IRISH STEW

According to a United Nations report, the Irish are accounted to be the world's heaviest eaters. If so, dishes like this basic Irish stew must have encouraged them to try for the world's eating record.

You will need:

lamb stew
turnips or onions
bouillon cube
biscuit mix
milk
parsley

To 1 can lamb stew add ½ cup sliced, cooked turnips or 2 quartered onions, 1 bouillon cube, 1 cup hot water. While the stew is heating, make dumplings by adding ¼ cup milk to ½ cup biscuit mix, and for extra flavor and a touch of green add 1 teaspoon chopped parsley. Drop the dumplings from a teaspoon on the chunks of meat . . . not directly into the stew. Cook 6 minutes uncovered, then cover and cook about 8 minutes longer. If you use a glass lid you can keep an eye on the dumplings.

At serving time:

In old Ireland you would have pinned a snowy Irish

linen napkin around the pan. Tuck a spray of green huckleberry leaves in the folds. 2 servings.

FRENCH CANADIAN STEW

This recipe has come down to Maine with the French Canadians. They remain one of the least-assimilated groups in our country today, retaining their language and customs to a remarkable degree. This is their springtime stew *(ragoût printanier)*, for which they eagerly await the early green vegetables.

You will need:

onions
butter
canned lamb stew
peas
French-cut green beans
garlic
parsley
mixed herbs or thyme or marjoram
tomatoes or turnips (optional)

Quarter 6 small, white onions and brown slowly in 2 tablespoons butter. Add the onions to 1 can lamb stew along with 1 package each quick-frozen peas and Frenched green beans or canned peas and beans, 1 garlic clove finely crushed in a press, a little parsley and ½ teaspoon of thyme, marjoram, or mixed herbs. (In France tomatoes or turnips would be added; suit yourself.)

At serving time:

Crusty, hot French bread is the right touch. 6 servings.

QUICK CURRY OF LAMB

Bananas give an authentic note to a curry made in minutes from canned stew.

You will need:

lamb stew
Kitchen Bouquet

curry powder
bananas

To 1 can lamb stew add ½ to 1 teaspoon curry powder (suit your own taste) and ½ teaspoon Kitchen Bouquet. Heat slowly, but thoroughly, then add 1 banana cut into ¾-inch chunks and simmer 5 minutes more.

At serving time:

Oriental rice is always just right with curry. Curry accompaniments always include chutney, plus as many of the following as you can muster: moist coconut, India relish, finely chopped egg, salted almonds or peanuts, finely chopped parsley or chives. With accompaniments makes 2 servings.

NEWPORT ROAST OF LAMB WITH ROSEMARY

A favorite on the menus of society dinners in the Diamond Jim Brady Golden Era, this particular way with a lamb is credited to social arbiter Ward McAllister, who served it frequently in town and also at his famous outdoor picnics in Newport. Lambs were on the table, fragrantly roasted, while gamboling flocks (rented) on the greensward created a pastoral atmosphere.

You will need:

leg or roast of lamb, fresh or quick-frozen
lemon
powdered rosemary
salad oil
condensed consommé
brandy

This 4 or 5-pound roast needs little preparation. Rub it well with a ½ lemon, allowing the peel essence to get into the meat. Sprinkle generously with salt, pepper, and powdered rosemary and brush with ½ cup salad oil. Roast at medium heat for 20 to 25 minutes per pound if fresh; if frozen, twice as long. For a crisp crust turn the heat high during the last 15 minutes. Connoisseurs say lamb should have a delicate inner pinkness when it's done. The French ideal is 165° F. on a meat thermometer.

Make a delicious sauce of the rich drippings in the

pan. Add 1 can condensed consommé, ½ teaspoon powdered rosemary, and 1 tablespoon of brandy—no thickening at all. Heat well.

At serving time:

Carve at the table. Pass gravy in a well-heated gravy boat (keep hot over a candle warmer). Makes about 8 servings (½ pound of lamb makes 1 generous serving).

BROILED SAUSAGES AND APPLES

You'll practically die of hunger while this easy and delicious combination is broiling, it smells so good. But don't mind; it takes only a few minutes.

This is a dressed-up version of a dish your forefathers longed for.

You will need:

cocktail sausages
raw, unpeeled apple
brown sugar or
maple syrup

Use 1 small tin (6 ounce) cocktail sausages, 1 apple, ¼ cup sugar or maple syrup. String cocktail sausages on skewers along with chunks of apple, rolled in brown sugar or maple syrup, and broil.

At serving time:

Serve on the skewers. Wonderful with crisp-fried "sweets." 2 servings.

GOULASH

This dish is close to the Szekely *gulyas* of Hungary.

You will need:

onion
butter
spareribs with sauerkraut
Hungarian paprika
sour cream

Slice 1 medium onion and gild it in 1 tablespoon butter. Add 1 can spareribs with sauerkraut and 1 tablespoon sweet Hungarian paprika. Simmer 5 minutes.

At serving time:

Stir in 4 tablespoons sour cream. Serve it hot! And don't forget beer and sour rye bread. 2 servings.

RHODE ISLAND CASSOULET

Cassoulets are as varied as life itself, sometimes made of red beans, white beans, lima beans almost any kind of beans, almost any kind of meats. Generally, however, there is a note of tomato, some onion, and more than a hint of garlic. This is a French-Canadian importation, popular in Rhode Island.

You will need:

butter
onion
garlic
parsley
white wine
ketchup
left-over meats
canned baked beans in tomato sauce
bacon
bread crumbs

Brown in 2 tablespoons butter 1 large chopped onion, 2 finely minced cloves of garlic, 1 tablespoon chopped parsley. Add 1 cup white wine, 2 tablespoons ketchup. Cook 10 minutes. Add any cooked meats that happen to be around . . . such as fried pork sausage cut in chunks, frankfurters, cocktail sausages, 1 or 2 left-over lamb chops, left-over pork or veal. Put sauce, meats, and 2 cans baked beans in tomato sauce in a casserole. Place 4 strips bacon over the top. Sprinkle with bread crumbs, dot with butter. Bake in moderate oven, 350° F., 1 hour.

To save time you can heat beans separately, combine ingredients piping hot and place under the broiler just long enough to cook the bacon and brown the top.

At serving time:

Serve from the same dish with crusty French bread and

a tossed green salad. Wine, too . . . either white or red. Makes 6 generous servings.

IOWA PORK CHOP CASSEROLE

Your grandmother probably served this many times—she'd be amazed at the speed and ease of this version.

You will need:

canned condsensed cream of chicken soup
canned peas
pork chops
bay leaves

Put 1 can condensed cream of chicken soup in baking dish with 2 cups drained canned peas (No. 303 can). Season 4 pork chops with salt and pepper and arrange on top of baking dish, placing ½ bay leaf under each. Bake covered in a slow oven, 325° F., about 45 minutes. Uncover and continue to bake about 15 minutes, until chops brown.

At serving time:

Bring to table in baking dish. 4 servings.

N

is for Nibbling. It takes a bit of nibbling to make a "flat" a home. Do plan for snacks. Crackers, cheese, nuts, and spreads, maybe a bowl of fruit and a jar of canned meat give that wonderful sense of homecoming.

O

is for Ovens. Ovens without automatic controls, even top-of-the-stove jobs, can be used quite satisfactorily with the aid of a Taylor Oven Thermometer, which you place where it is easy to look at and somewhere close to center of the oven. You must, of course, see to it that the heat stays at the right temperature.

All recipes mention the correct temperature for baking. However, you may run across such terms as "slow," "moderate," and "hot." Here is what they mean:

Slow oven	250° F. 300° F.
Moderate oven	325° F. 375° F.
Hot oven	400° F. 450° F.
Very hot oven	475° F. and over.

P

is for Planning It pays to write out your shopping lists and your meal plans. If you are a working woman as well as a bride, you will find it convenient to write out your meal plans for a whole week on Saturday morning and shop for staples all at one time. Pick up fresh things on the way home. When you entertain, a complete written menu is a necessity. It is a memo to you to buy all the needfuls, including cigarettes, flowers, matches, candy, or if you are lucky enough to have "help," she can't say you forgot to mention potatoes.

PIES: THE GREAT AMERICAN DESSERT

APPLE PIE

Still at the top of the pie parade is this long-time American favorite.

You will need:

canned sliced apples
sugar
salt
cinnamon
nutmeg
tapioca
pie crust mix
butter

Mix 1 can sliced apples, ½ cup sugar, ⅛ teaspoon salt, ¾ teaspoon cinnamon, ¼ teaspoon nutmeg, and 1½ tablespoons quick-cooking tapioca. Make up a package of pie crust mix. Line an 8-inch pie pan with pastry rolled ⅛ inch thick. Fill with apple mixture; dot with two tablespoons butter. Add top crust, cutting slits to permit escape of steam and open slits with knife. Bake at 425° F. for 45 minutes or until syrup boils with heavy bubbles that do not burst.

At serving time:

In the northernmost states, where winter's freezing blasts call for hearty meals, apple pie is as much a

staple as bread, may appear at any meal, including breakfast, and is equally good hot or cold.

Variations:

Tangy Apple Pie. In place of cinnamon and nutmeg, use grated rind of 1 lemon, plus several drops of lemon juice. *Apple Pie with Hot Cheese.* Coat the baked pie with 1 cup grated sharp cheese and melt under broiler.

DEEP-DISH APPLE PIE

This pie is made in an 8-inch baking dish about 3 inches deep—has no undercrust.

Remember to place a small tea cup upside down in the middle of the dish to hold up the crust so that it doesn't soak and to collect the juice.

You will need:

canned sliced apples
cinnamon or nutmeg
brown sugar or honey
butter
pie crust mix

Season 1 can sliced pie apples with 1 teaspoon cinnamon or nutmeg, ½ cup brown sugar or honey; dot with 1 tablespoon butter. Top with a crust made from ½ package pie crust mix. Bake in a moderate oven about 45 minutes.

At serving time:

Serve warm. Take the cup out as soon as possible when cutting, to let the juice escape.

A pitcher of plain thick cream is an excellent accompaniment. Cheese on the side, whipped cream, or hard sauce are excellent, too.

BANANA CREAM PIE DE LUXE

In one of the more recent surveys of America's eating habits, it was discovered that among Uncle Sam's fighting

forces the dessert that led all the rest was banana cream pie. pie.

We use a packaged pie crust mix and a packaged pudding mix. Many variations are possible. Chocolate pudding is luscious here. So is coconut custard pudding, vanilla pudding —and some people dearly love a combination of bananas and butterscotch pudding ever so lightly flavored with rum.

You will need:

pie crust mix
pudding mix
bananas
lemon juice
ready-whipped cream

Using ½ package of pie crust mix, prepare and roll out 9-inch pie shell according to package directions. Prick all over with a fork and bake at 425° F. 12–15 minutes. Prepare a package of pudding mix according to directions. Cool slightly. Slice 2 ripe bananas. Cover the bottom of the pie shell with a layer of the pudding first. This is a little "secret" to help keep the pie crust crisp. Over the pudding goes a layer of sliced bananas, another layer of pudding. Fill the pie shell generously with layers of pudding and bananas. Top layer should be pudding.

At serving time:

Garnish with freshly sliced bananas brushed with a little lemon juice and with swirls of sweetened whipped cream or ready-whipped cream. 6 servings.

OPEN-FACE BLUEBERRY PIE

No need to go berry-picking—or to wait for those few short summer months when blueberries, huckleberries, or whortleberries are in season. You can enjoy this berry pie the year round, thanks, again, to the canners.

You will need:

canned blueberries
granulated sugar
brown sugar
tapioca
lemon juice
pastry

cinnamon butter

Mix 2 15-ounce cans drained blueberries with ¼ cup granulated sugar, ¼ cup brown sugar, dash of salt, dash of cinnamon, 3¼ tablespoons quick-cooking tapioca, 2 tablespoons lemon juice, and 1⅓ cups blueberry juice. Line 9-inch pie pan with pastry, made from ½ package pie crust mix. Fill with berry mixture; dot with 2 tablespoons butter. Bake in a hot oven, 425° F., 45 minutes.

At serving time:

Top with swirls of ready-whipped cream.

CHERRY PIE

The sour "pie" cherries of Michigan are famous all over the country and so is this kind of pie!

You will need:

canned red sour cherries pastry
sugar butter
tapioca

Mix 2 cans drained red sour cherries with 1 cup sugar if cherries are water-packed (¾ cup sugar if syrup-packed), ⅛ teaspoon salt, 2¾ tablespoons quick-cooking tapioca, and ½ cup cherry juice. Line a 9-inch pie pan with pastry rolled ⅛ inch thick. Fill with cherry mixture; dot with one tablespoon butter. Add top crust, cutting slits to permit escape of steam. Bake in a hot oven, 425° F., about 45 minutes.

At serving time:

Serve warm or cool. Makes 6—8 servings.

BLACK CHERRY TART

Since the original recipe for this dessert requires a baked pie shell, a custard filling, pitted black cherries, and a glaze

. . . it can take almost half a day to make. But this quick version can be assembled in a very few minutes:

You will need:

fine bread, cracker or zwieback crumbs
sugar
butter or margarine
canned pitted sweet black cherries
vanilla pudding mix
milk
whipping cream

Blend 1½ cups bread crumbs or finely crushed vanilla, ginger or graham crackers or zwieback with ¼ cup sugar and ½ cup soft butter or margarine. Pat firmly and evenly around bottom and sides of the pie pan. Chill ½ hour or bake 350° F. 8 min.

Drain can of pitted black cherries and put the juice in a pan. Let it cook down uncovered until it is reduced to less than ½ the original volume and is quite thick. Cool. Meanwhile, make up a package of vanilla pudding according to package directions. When slightly cool, fold into the pudding ½ cup cream whipped till stiff. Fill crumb crust pie shell with the pudding mixture. Lay the drained cherries carefully on the custard close together. And dribble the thick cherry juice over the fruit.

At serving time:

This tart should be put together at the last minute so that the cherries will not stain the creamy custard filling 6–8 servings.

KENTUCKY EGGNOG PIE

This pie would do honor to any proud Kentucky cook.

You will need:

lemon-flavored gelatin
rum or sherry
nutmeg
vanilla ice cream
pie shell

Make up 2 packages of lemon-flavored gelatin with 2 cups hot water; add ⅔ cup rum or sherry, ½ teaspoon

nutmeg, 1 quart vanilla ice cream. Swift-chill in freezer until thickened, but not set, about 10 minutes. Turn into a 9-inch baked pie shell, or make a crumb crust. Chill until firm, about 10 minutes longer. Remove to refrigerator and leave until serving time. This pie cuts better if it is allowed to rest for several hours.

At serving time:

Crushed New Orleans pralines make the most perfect garnish. If you can't find them, use crushed sugar almonds. 6-8 servings.

VIRGIN ISLANDS LEMON OR LIME PIE

Caneel Bay Plantations on the Island of St. John seems as far away as the moon. That's why we were so dazed and amazed when we discovered that the cook who "came with" our cottage was making use of a certain "magic"—an uncooked pie filling made with sweetened condensed milk. However, Iantha had upped the number of eggs from 2 or 3 to 4.

You will need:

sweetened condensed milk
limes or lemons
eggs
pastry
sugar

Blend 1 15-ounce can of sweetened condensed milk with ½ cup lime or lemon juice, add the grated rind of 1 lime or lemon and the yolks of 4 eggs, well beaten. Pour the mixture (without any cooking) into a pie shell baked earlier. Cover with a meringue made by beating 4 egg whites until foamy, adding 2 tablespoons sugar, then beating until stiff. Bake the pie in a moderate oven, 350° F., 10 minutes, or until a faint glint of golden brown appears on the high white peaks. (If 4 eggs seem extravagant, you can cut down to 2. And, in place of fresh citrus fruit, you can use 2 tablespoons of lemon concentrate and ⅜ cup cold water.) Chill.

At serving time:

A perfect ending for that fish dinner. 6 servings.

LIME CHIFFON PIE

In Florida they would probably refer to this as Stranger Angel Pie because, unlike the Key West variety, it has that green color that visitors expect.

You will need:

lime-flavored gelatin
eggs
limeade concentrate
crumb crust
cream
grated chocolate

Dissolve 2 packages lime flavored gelatin in 2 cups hot water. Beat 3 egg yolks and a 6-ounce tin limeade concentrate until light and lemon-colored; combine with the gelatin. Swift-chill about 15 minutes or until set around the edge, still quivery in the center. Add 3 unbeaten egg whites and whip with a rotary beater until very light and fluffy. Place in a crumb crust made of chocolate wafers, ginger wafers, or graham crackers. Swift chill 10 to 15 minutes longer in the freezer; keep in the refrigerator until needed.

At serving time:

Cover with a thin layer of whipped cream, shaved or grated chocolate. 8–10 servings.

Variations:

Lemon Chiffon Pie. Uses the same recipe, but with lemon-flavored gelatin and lemonade concentrate instead of lime
Orange Chiffon Pie. Use orange-flavored gelatin dessert, frozen orange juice concentrate. Add about 1 tablespoon lemon juice.

MINCE PIE WITH MERINGUE

A good-looking variation of a classic wintertime dessert.

You will need:

mincemeat
apple juice, rum or brandy
pie shell
egg whites
powdered sugar

Add to prepared mincemeat 2 tablespoons apple juice, rum, or brandy, and warm in the top of a double boiler. Place heated mincement in an 8-inch baked pie shell made from a mix, or for a change make a crumb crust. Make a meringue by beating 2 egg whites until stiff. Add 2 tablespoons powdered sugar, 1 at a time. Spoon meringue on top of mincemeat to make a wreath around the edge of the pie. Bake in a hot oven, 400° F., 4 or 5 minutes or until meringue is lightly gilded along the peaks.

At serving time:

Keep the pie in a warm place until dessert time. Serves 6.

Variation:

Flaming Mince Pie. Before placing pie in oven, set 4 eggshell halves into the meringue. At serving time, slightly warm ¼ cup rum, brandy, or kirsch. Pour into the eggshell halves, set ablaze, and bring flaming into a darkened room.

NÈSSELRODE PIE

Once it was a frozen pudding named for a Russian count and made with 8 eggs, a quart of cream, a fortune in candied chestnuts. Now it's one of the favorite pies in New York's best steak houses—easy and not expensive to copy at home.

You will need:

lemon- and orange-flavored gelatin
brandy
vanilla extract
vanilla ice cream
Nesselrode mix or glazed diced fruits
pie shell
whipped cream
grated chocolate

Dissolve together 1 package each lemon- and orange-flavored gelatin desserts in 2 cups boiling water; add ½ cup brandy, 1 teaspoon vanilla, 1 quart vanilla ice cream. Swift-chill in freezer until thickened but not set, about 10 minutes. Fold in 1 cup packaged Nesselrode mixture or 1 cup glazed diced fruits. Turn into a 9-inch baked pie shell or crumb crust. Chill until firm, about 10 minutes

longer. Remove to refrigerator and leave until serving time.

At serving time:

Cover with a thin blanket of sweetened whipped cream and sprinkle with grated chocolate. 8 servings.

DEEP-DISH PEACH PIE

The peach is a well-traveled fruit, having come to Georgia from China by way of Australia. Today there's no need to wait for peach time—in cans, they can travel home with you from the market every month of the year.

You will need:

canned sliced peaches
sugar
mace
tapioca
lemon juice
butter
pastry

Mix 4 cups (2 No. 2½ cans) drained sliced peaches with ⅓ cup sugar, ¼ teaspoon salt, ⅛ teaspoon mace, 4 tablespoons quick-cooking tapioca, 1¼ cups peach juice, and 2 tablespoons lemon juice. Turn into 9-x-9-x-2-inch baking dish; dot with 1 tablespoon butter. Roll pastry into 11-inch square. Cut slits to permit escape of steam. Press pastry to rim of dish. Bake in a hot oven, 425° F., about 45 minutes.

At serving time:

Serve warm with hard sauce or ice cream.

PLYMOUTH PUMPKIN PIE

Canned milk and a beautiful array of spices give this pie a most de luxe flavor and texture.

You will need:

eggs
cinnamon

sugar	canned pumpkin
ginger	evaporated milk
nutmeg	pastry

Combine 3 slightly beaten eggs, ¾ cup sugar, ½ teaspoon ginger, ½ teaspoon nutmeg, ½ teaspoon ground cinnamon, ½ teaspoon salt, and 1¾ cups canned pumpkin; mix well. Add 1 cup evaporated milk and ½ cup water; stir until smooth. Fill a pastry-lined 9-inch pie pan with the mixture. Bake in a very hot oven, 450° F., for 10 minutes; reduce heat to moderate oven, 350° F., and bake another 45 minutes or until mixture is firm and crust well browned.

At serving time:

Serve slightly warm with sharp cheese on the side.

Variation:

New England Squash Pie. Use 1 12-ounce package quick-frozen cooked squash instead of pumpkin.

QUICK PUMPKIN PIE

This is the fastest Thanksgiving pie you've ever met. Add a package of instant vanilla pudding to canned pumpkin!

You will need:

milk	instant vanilla pudding
canned pumpkin	pie shell
cinnamon	ready whipped cream (optional)

Combine 1 cup milk, 1¾ cups canned pumpkin, 1 teaspoon cinnamon. Add 1 package instant vanilla pudding and beat with rotary beater 1 minute. Pour into baked 9-inch shell.

Top with pie crust cutouts, which can be baked at the same time as the pie shell.

At serving time:

Whipped cream is *always* good with pumpkin pie. 6–8 servings.

Variation:

Pumpkin-Walnut Pie. Top pumpkin pie with walnut halves (or split dates) over all a cloud of ready-whipped cream.

EGGNOG CHIFFON PIE

This is an easy version of a delicate pie, subtly flavored and fragrant with rum.

You will need:

eggs
lemon-flavored gelatin
sugar
rum
pie shell
whipped cream
allspice

Mix 2 slightly beaten egg yolks with ¼ cup water in saucepan. Add 1 package lemon-flavored gelatin and ½ cup sugar. Add gradually 1½ cups water and ¼ cup rum. Cook over medium heat, stirring constantly, until mixture comes to a boil and is thick. Then fold the hot filling into 2 egg whites, stiffly beaten, and pour into baked shell. Chill thoroughly.

At serving time:

Garnish with whipped cream and a sprinkle of allspice.

TEXAS VINEGAR PIE

Vinegar pie has a curious and somewhat vague history. There are those who say it was invented at the lean end of a long winter by a New England housewife whose husband simply had to have pie for breakfast—and the apple barrels were empty! Perhaps some nostalgic New Englander on a Texas ranch remembered the recipe. A generation ago, as we understand it, vinegar pie was synonymous with dessert perfection in West Texas ranches. Big cattle men still smile sentimentally at the mention of it. And everyone tells you how the fragrance of an apple orchard in October . . . the scent of cider mills . . . and even a whiff of apple blossom waft through the house as the pie is being baked.

The recipe is unlike any other you have ever tried. It tastes like the juicy part of a deep-dish apple pie, one that is made in early autumn from the pick of green apples.

You will need:

pastry	flour
eggs	sugar
apple cider vinegar	lemon extract (optional)
butter	nutmeg

Line an 8 inch pan with pastry made from ½ package of mix. For the filling, combine 2 egg yolks with 2 cups water, ½ cup of the very finest apple cider vinegar. Add 1 tablespoon melted butter. Mix ¼ cup flour with ½ cup sugar; stir into vinegar mixture. Add ½ teaspoon lemon extract, if that's handy. Bake in a very hot oven, 450° F., 10 minutes . . . that's to set the crust. Then reduce the heat to moderate, 350° F., and bake 20 to 30 minutes. Cool thoroughly for several hours so that filling will set.

At serving time:

Sprinkle with freshly grated nutmeg. 6 servings.

POULTRY IS ALL WAYS *GOOD*

THE BARNYARD FOWL is about to join the list of vanishing Americana. Commercial egg production has been divorced from meat production, and the scientifically bred, assembly-line-raised chicken would scarcely recognize his forebears. Another blessing: we no longer have to pluck, behead, or eviscerate—for the bird usually comes to market ready-to-cook, whole, halved, or in parts (quick-frozen chicken also comes cooked and ready to eat).

POULTRY

WHAT'S ITS NAME? The Department of Agriculture defines 4 key poultry terms for us. These will help you to interpret labels and older recipes, and to express yourself properly at the store.

Ready-to-cook (formerly called "eviscerated") describes poultry from which all inedible parts and organs have been removed. Cooking times in modern recipes are based on ready-to-cook weight, about ¼ pound less than "dressed" weight (see below).

Dressed (once termed "New York" or "market-dressed") refers to poultry that is bled and feather dressed but has head, viscera, and feet intact. Still found in some smaller towns and independent butcher shops.

Stewing Chicken or Hen (replacing the term "fowl") is a mature female chicken, less tender; most generally it's boiled.

Capon, blood "brother" to the omnipresent chicken, is an unsexed male chicken, large yet tender, going as high as 7 pounds, ready-to-cook weight.

DUCKS. To differentiate between ducks and ducklings, the prudent housewife used to pinch the bird's windpipe: easily squeezed and movable in a duckling, fixed and stiff in an older bird. She also watched the calendar, for ducklings came to market only in summer and fall. Today, duck-breeding and -feeding give us tender birds the year round.

TURKEY. Our Pilgrim fathers would never recognize the bird! 'Twas the old-style turkeys that put the "groan" in the groaning board but, thanks to Beltsville, Maryland, and the experiments of the Department of Agriculture there, we have the full-breasted apartment-size turkey, especially bred for white meat.

HOW TO STUFF A QUICK-FROZEN BIRD

You will find it difficult to work with a chicken or turkey which has not been thawed. The thawing, however, need not be complete. Use a packaged stuffing (see page 220); 1 package should suffice for a chicken, 2 for the average turkey, 3 for a very large bird and an extra pan of stuffing. No need to worry about trussing, that is, shaping a quick-frozen bird; that's done for you when you buy it.

Rub neck and body cavity with 2 teaspoons salt; push stuffing into breast cavity through neck opening. Do not pack tight. Fold the neck skin onto the back and fasten with a metal skewer or toothpicks. Twist the wings so that they lie flat. Push stuffing into the main cavity. Again, do not pack, for the stuffing swells as it cooks.

Nobody bothers to sew up a bird any more; 3 or 4 little metal skewers from the five-and-dime or thin nails hold the

skin together. Then you twist a piece of white string around the skewers, lacing them together.

Here are 4 do's-and-don'ts to bear in mind:

Cook *thoroughly* all protein foods such as giblets, oysters, or sausage meat before combining with other stuffing ingredients.

Combine stuffing ingredients and stuff the bird just before cooking.

Don't attempt to freeze a stuffed uncooked bird or a roasted stuffed bird; it would take so long that harmful bacteria might gain a foothold.

After dinner, remove stuffing and meat from the frame, place in a tightly covered container and refrigerate, about 30 minutes after the bird starts to cool.

HOW TO ROAST A QUICK-FROZEN CHICKEN

A quick-frozen chicken must be thawed at least enough so that you can remove the package of giblets from inside the bird. In the refrigerator complete thawing takes 12 to 18 hours. This can be cut to 4 to 6 hours if you put the wrapped bird in cold running water or in front of an electric fan.

Wipe chicken inside and out with a damp cloth or paper towel. Stuff or not, as you please. Sprinkle the inside with salt and pepper and poultry seasoning; rub the skin with butter or margarine. Place on a rack in a shallow pan, without water and without covering of any kind, and roast in a slow oven, 300°—325° F., until done. How long depends upon weight of chicken and degree of frost (see table below) or until an oven thermometer inserted into the thigh next to the body registers 190° F.

If you have no meat thermometer, here's an old-fashioned test for doneness. Jiggle the drumstick up and down; if it moves easily, the chicken is done and the meat feels soft when you press your finger on the thickest part of the drumstick.

Basting is no longer considered necessary, though some people feel that it is best to cover the bird while it roasts with an oiled or buttered cheese cloth or a piece of aluminum foil.

Count on ¾ pound for each serving.

Turkey. A turkey is treated in exactly the same way as a chicken.

Roasting Table

Ready-to-cook Weight (in pounds)	*Estimated Roasting Time (in hours)*		*Meat Thermometer*
	Thawed	*Hard-frozen*	
2–3	2½	4½	190° F.
3½–4	2¾	5½	190° F.
4½–5	3½	7	190° F.

ROAST CHICKEN WITH STUFFING

The answer to the very busy and not too-experienced cook's prayer for a real Sunday-best dinner with practically no work at all is a can of whole chicken ready-cooked. With this you may use a prepared stuffing.

You will need:

canned whole chicken
butter
Kitchen Bouquet
packaged stuffing

Slather the outside of the chicken with butter, paint lightly with Kitchen Bouquet, sprinkle with salt and a little black pepper, and stuff it with dressing made up according to package directions. Use toothpicks to hold the skin together Put it in the oven to get good and brown — and even your best friend will think you've been at it for hours.

At serving time:

Surround with little browned potatoes or mounds of rice. Garnish to suit yourself. Carve at the table. Number of servings depends on size of chicken. A 4-pound chicken should make 5 servings.

STUFFING FOR THE BIRD

The time is not long past when any bride would have been warned . . . always order an extra loaf of bread to stuff your Sunday chicken. Stuffing, which in some regions is known as dressing, is probably even more American than apple pie. No other country in the world uses flavorous bread in quite the same fashion. But now instead of stale bread we use packaged stuffings which are already crumbled, toasted, and seasoned. Most of them contain about 4 cups, enough for a 4 6 pound chicken. To stuff a turkey you will probably need 2 packages, 3 if you want an extra pan of dressing.

Some people prefer to roast their poultry unstuffed, believing that the end result is juicier. In that case all the stuffing is baked in a well-buttered pan. It's a good idea to use the kind of baking dish which can be brought to the table, spooning the hot dressing out of the dish on to the serving plate.

Each section of the United States has its own favorite stuffing variation. These are a few. All of them start with a package of prepared stuffing made up according to package directions.

Vermont Sage Stuffing. Most of the stuffings contain some sage, but you can emphasize the flavor by adding ½ teaspoon of crumbled dried sage leaves.

Cape Cod Oyster Stuffing. Down-Easters consider any other stuffing a sacrilege at Thanksgiving time. Remove the tough muscle from 1 pint (2 cups) fresh, quick-frozen and thawed, or canned cooked oysters Add to dressing with ¼ cup oyster liquor. Season with ¼ teaspoon mace and/or 1½ tablespoons lemon juice.

Maryland Mushroom Stuffing. Instead of water use cream of mushroom soup to make up the dressing. Add enough water to the mushroom soup to make the required amount of liquid called for in package directions. Add 1 or 2 tablespoons sherry for an extra-elegant taste.

California Wine Stuffing. Use ½ water and ½ wine . . . white wine gives a most attractive color, but red wine is good too, especially as a stuffing for duck. A bit of garlic salt is a nice addition to a red wine stuffing.

Utah Celery Stuffing. Gently cook 1 cup finely cut celery in 2 tablespoons butter or drippings. If you like a moist dressing add an extra ½ cup hot water.

Goshen Onion Stuffing. The rich black farmland of Goshen in New York State is famed for onion growing. Naturally they use onion galore in their stuffing. Canned onions work

out fine. Drain 1 cupful, chop coarsely, and add to dressing with 1 egg slightly beaten.

Georgia Pecan Stuffing. Add to the stuffing ½ cup chopped pecans, 1 teaspoon onion juice, ⅛ teaspoon cayenne pepper, ½ cup heavy cream.

St Helena's Island Goober Nut Stuffing. In many parts of the South peanuts are known as goobers or ground nuts. A stuffing is made with them, very much like the Georgia pecan stuffing Salted peanuts may be used.

Louisiana Chestnut Stuffing. Chestnut stuffing once involved quite a lot of work, what with shelling the nuts, removing the skins, boiling, chopping. Now you can get already-cooked chestnuts in a jar. Simply drain, cut into ¼-inch pieces, add to the stuffing along with ¼ cup cream.

Jersey Tomato Stuffing. Substitute tomato juice for water when you make up the stuffing. This is usually a moist dressing, so add 2 eggs slightly beaten. Season with ½ teaspoon celery seed and 1 tablespoon chopped green onion tops or chives; if you use dried chives or onion tops, use half of the amount.

Kansas Hog Sausage Stuffing. Cook 1 small finely chopped onion in 2 tablespoons butter. Add ½ pound canned or quick-frozen and thawed sausage meat, the loose type often called country sausage. Cook 15 minutes and add to dressing made up according to package directions. Season highly with black pepper. Add 1 tablespoon minced parsley.

Florida Orange Stuffing. Use ½ orange juice, ½ water to make up dressing. Add 1 small tin (about ⅔ cup) orange freed from membrane. Stir in 1 slightly beaten egg —a wonderful stuffing for Long Island duckling.

CHICKEN PAN GRAVY

Few orthodox cookbooks include recipes for making old-fashioned chicken pan gravy. In a way, gravy is like a sauce, but not quite, because it should contain the little browned bits that remain in the pan after the chicken has been fried, roasted, or broiled. Gravy can be thickened or not, as you please. The trend seems to be toward less and less floury gravies.

You will need:

chicken drippings flour

hot water, chicken broth or milk

Worcestershire Sauce

Pour off excess fat from the pan in which the chicken has been fried, broiled, or roasted, so that you leave only about 2 tablespoons of fat. Loosen the bits of chicken from the pan. Sprinkle with 1 tablespoon flour. Blend very well and cook over low heat until frothy. Then add all at once 2 cups of liquid . . . it could be hot water, chicken both, hot water plus a chicken bouillon cube, or milk. Cook, stirring all the while, until the gravy begins to thicken. Stir a minute or two longer. Season to taste with salt, pepper, perhaps a few dashes of Worcestershire Sauce.

ALL KINDS OF CHICKEN GRAVY

The basic chicken gravy described earlier is endlessly varied in different parts of our country. Here are just a few versions:

Giblet Gravy. This is probably the most characteristic of all American gravies.

Put the heart, gizzard, neck into a saucepan, cover with 2 or 3 cups of water, add 1 tablespoon of dehydrated vegetable flakes, which include onion, carrot, celery. Cook slowly about 20 minutes until tender. Add the liver and simmer about 5 minutes longer. Drain off the remaining liquid to use in making the gravy.

Cut the meats into small bits, add to gravy after it is thickened.

Brown Chicken Gravy. Add ½ teaspoon Kitchen Bouquet or Gravymaster to each cupful.

Milk Gravy. Very popular all through the Middle West . . . use all milk instead of water in the basic gravy recipe or use ½ milk and ½ water.

Maryland Cream Gravy. Traditional with Maryland's crisp fried chicken and corn fritters. To prevent curdling, add ½ cup heavy cream the moment the gravy is taken off the fire. If your chicken hasn't been cooked with plenty of onion, add 1 teaspoon of onion juice to 2 cups of gravy.

BROILED CHICKEN

Once upon a time a proper broiler never, but never,

weighed more than 2½ pounds. A larger chicken was presumed to be older and therefore tougher. Today, however, poultry raising is a gigantic industry, and many of the pampered darlings never see the ground, let alone get enough exercise to develop tough muscles. The new "tailored-to-order" chicken may weigh 1½ to 4½ pounds and be equally tender at either end of the scale. To save time, use cleaned, precut quick-frozen broiling chicken.

You will need:

frozen broiling chicken
butter or oil
garlic or rosemary

Thaw chicken enough to separate pieces. Brush each piece with melted butter or oil, sprinkle with salt and freshly ground pepper, and rub with a cut clove of garlic, especially around the bone. (Or, in the place of garlic, sprinkle each piece with ¾ teaspoon rosemary—or use 1 sprig of fresh rosemary per portion.) Broil slowly; that is the most important thing to remember. Have chicken at least 5 inches below the flame; take at least ½ hour to broil. From time to time spoon the juices up over the chicken. When you start, the skin side should be down.

At serving time:

This dish will wait for late arrivals. Just put chicken in casserole with very little hot water covering the bottom of the dish. Cover closely and set in a very slow oven, 300° F., or over low heat on top of the stove.

OVEN-FRIED CHICKEN

Chicken fries up wonderfully in the oven—needs no watching, gives off no odor.

You will need:

cut-up quick-frozen frying chicken
milk
flour
packaged bread crumbs
melted fat or salad oil

Dip pieces first in milk, dust with flour, salt, and pepper.

Cover with bread crumbs mixed with melted fat or salad oil. Place in an oiled pan, cook in a moderate oven, 375° F., till tender and brown. One turn is all that's needed. If thawed, takes 30 to 35 minutes; if frozen, twice as long.

At serving time:

Bring on hot or cold. Tastes fine either way. Count on 1 3-pound package to make 3 or 4 servings.

PARSLEY FRIED CHICKEN

Practically any fried chicken tastes good, but this one is of the superior type with beautifully bronzed and crunchy crust and the meat inside moist and flavory.

You will need:

egg
milk
melted fat or salad oil
flour
chopped parsley
frozen cut-up frying chicken
fat for frying

Make a batter by combining 1 egg, 1 cup milk, and 1 tablespoon of melted fat or salad oil with 1 cup of flour and a speck of salt and pepper. Beat with a rotary beater till smooth. Add 2 tablespoons of chopped parsley. Dip each piece of just-thawed chicken into the batter and fry in hot deep fat, 370° F., about 10 minutes till well tanned. Remove to a covered frying pan or Dutch oven and cook—either on top of the stove or in a moderate oven, 375° F.—20 to 25 minutes till the chicken is very tender.

At serving time:

If you are packing chicken for a picnic, be sure chicken is *really cool*. Wrap each piece in waxed paper.

CHICKEN À LA KING WITH VARIATIONS

At least a half-dozen excellent brands of chicken à la king

are to be found in tins, jars, or frozen packages. And, to keep dread monotony from your table, here are a dozen ways to dress up this ever-popular dish.

Curried Chicken à la King. Add 1 tablespoon curry powder. Serve with chutney and other curry accompaniments.

Chicken with White Grapes. Add ¼ cup white table wine, garnish with ½ cup seedless grapes.

Florida Chicken with Oranges. Add ½ teaspoon grated orange rind, 1 teaspoon bottled steak sauce, garnish with orange sections.

Chicken in a Ring. Add 2 to 4 tablespoons dry sherry and serve in a rice or noodle ring (see page 233).

Chicken Croûstades. Serve in a *croûstade* (bread basket) instead of a patty shell. To make the *croûstade*, cut decrusted white bread into 2-inch cubes, hollow out the center, brush with salad oil or melted butter inside and out, and set in a hot oven, 375° F., for a few minutes, until they take on a pale gold color.

Chicken and Waffles. Serve over toasted, quick-frozen waffles.

Chicken Parmentier. Border with canned potato sticks.

Pimiento Chicken with Peas. Surround with green peas and place pimiento strips across the top.

Chicken au Gratin. Stir 1 beaten egg and very little milk into leftover mashed potatoes and border a shallow casserole with the potatoes. Pour in chicken à la king, sprinkle with grated cheese, and set in moderate oven, 350° F., until cheese browns and dish is bubbling hot.

Chicken with Asparagus Arrange stalks of cooked asparagus in a buttered casserole: cover with chicken à la king, sprinkle with grated cheese, and set in moderate oven, 350° F., until bubbly hot and brown.

Hot Chicken Sandwich. Toast lightly 2 slices of bread, cut in half, and arrange in buttered pyrex pie plate. Cover with chicken à la king, sprinkle with grated cheese, and set under the broiler to brown.

California Chicken with Artichoke Hearts. Heat chicken à la king. Stir in 1 tablespoon pale dry sherry. For gustatory glamour, heat 1 small bottle each ripe olives and artichoke hearts, each in their own liquid Drain and arrange around platter of chicken à la king.

CHICKEN PIE

With so many excellent quick-frozen chicken pies on the market, you will probably find yourself serving them often.

If you haven't an oven, the pies can be heated on top of the stove, set on a hot griddle over a very low flame. To be sure they are completely thawed all the way through, cut a small hole in the center of the crust. When the gravy begins to bubble up through the hole it's piping hot. If you're still not sure, insert a small spoon and taste!

Here are a "baker's dozen" ways to dress up a chicken pie:

Brush tops with beaten egg yolk or beaten whole egg.

Brush tops with milk, heavy cream, or evaporated milk.

Spread softened butter over the top and sprinkle with freshly ground black pepper.

Brush top generously with thick sour cream.

Over any of the above "brushings" sprinkle celery, dill or poppy seeds.

Cut a small hole in the center. When the pie is thawed, insert a small funnel and add a couple of teaspoons of brandy or a tablespoon of dry sherry.

Brush with melted butter and sprinkle generously with parsley, chopped chives, tarragon, or a combination of herbs.

Sprinkle with grated cheese.

Serve in the regal Kentucky colonel style: brush with melted butter, heat in the usual way. At the table flame with bourbon. To do this, warm bourbon in a very small pan or pipkin. Set a match to bourbon and pour blazing liquor over the chicken pie. Use about 1 tablespoon for each pie.

Garnish heated pies with sliced hard-cooked egg, strips of pimiento, green pepper rings, plain or Italian parsley.

Cut a hole in the center and insert 1 or 2 tiny cooked carrots or carrot strips or a small bouquet of water cress just before bringing to table.

Crisscross with 3 or 4 flat anchovy fillets; this is in the German tradition. You can make a tic-tac toe design by placing a caper or bit of green olive in the center of each square.

For a reddish-brown crust with distinctive flavor, spread tops before baking with sour cream made pink with paprika 1 teaspoon sweet Hungarian paprika stirred into 4 tablespoons sour cream for 4 pies.

TRIPLE QUICK CHICKEN WITH DUMPLINGS

Meat, vegetables, and breadstuff are all together in this made-out-of-cans version of a New England chicken stew with dumplings. Even faster than dumplings made from a mix are these made from canned oven-ready biscuits.

You will need:

canned chicken fricasse
canned or quick-frozen carrots
canned silver-skin onions
canned peas or green beans
oven-ready biscuits
celery

Combine 1 can chicken fricassee with 1 small individual can or 1 cup cooked carrots, and same amount of silver-skin onions and peas or green beans. Add ½ cup sliced fresh celery.

Cut 4 oven-ready biscuits into quarters. Place the pieces on solid chunks of meat or vegetable in the hot stew. Cover closely and steam everything together about 10 minutes.

At serving time:

Bring to the table in its own dish set within a basket, if you can find one to fit. A green salad or a tomato and cucumber salad would make of this a fine and filling meal for 3 or 4.

CALIFORNIA CHICKEN MADRAS

That the unusual-to-look at can also be delightful-to-eat is evidenced by this dish in which fried chicken is bedded on rice inside a hollowed cantaloupe shell. With frozen cut-up chicken and canned soup, this can also become one of your easiest specialties.

You will need:

frozen frying chicken (ready-cooked or not)
cantaloupes
rice
condensed cream of chicken soup
curry
milk

Cook 1 packaged frozen frying chicken according to directions, or heat 1 packaged frozen fried chicken. Meanwhile, cut 2 fair-sized cantaloupes into halves, clean out seeds, and scoop out meat with a teaspoon or baller. Put melon meat in refrigerator to chill. Heat 1 can condensed cream of chicken soup with ½ cup milk, seasoning with 2 teaspoons curry powder.

Prepare 1 small package precooked rice and pack it inside the 4 melon shells. Top with the fried chicken and cover with curry sauce. Place shells on individual heatproof plates or a platter and set in a hot oven, 400° F., for 15 minutes.

At serving time:

Serve well-chilled melon meat in individual side dishes or pass it in a bowl with lettuce. 4 generous servings.

QUICK CURRY OF CHICKEN

The subject is endless and controversial. There are thousands of curries and neo curries—curries of chicken, beef, eggs, fish, and vegetables. Some people like a very faint curry flavor; others like it very hot. This one is easily adapted, should please the most captious connoisseur.

You will need:

chicken fricassee
onion or onion flakes
curry
garlic
ketchup
coconut

Optional:
mustard
Worcestershire Sauce
ginger

To 1 can chicken fricassee add 1 gently fried onion or 2 tablespoons toasted onion flakes, ½ to 1 tablespoon curry powder, 1 clove garlic crushed, 2 tablespoons ketchup, 1 tablespoon coconut, a little salt If you like, you may add such other seasonings as a bit of dry mustard, Worcestershire Sauce, or ginger. Stir all seasonings into the sauce of the fricassee. Bring to a boil, spooning the sauce over the pieces of chicken so that they are well covered with it. Cover; allow to stand in warm place 10 to 20 minutes.

At serving time:

Heat but do not boil. Serve with rice and appropriate curry accompaniments, such as chutney, shredded coconut, plum sauce, shredded green pepper, chopped hard-cooked eggs, nuts (such as almonds, pecans, or peanuts), sliced bananas, baked oranges, or broiled canned fruits.

LONG ISLAND DUCKLING DE LUXE

This could be your Special Dinner Party Dish for years. Descendants of the delicious ducks of Pekin, the ducks of Long Island are now in their quick-frozen packages available all year round all over the country. (You could also use a chicken.)

You will need:

quick-frozen duck
carrots
onions
butter
orange
red currant jelly
red wine (optional)
brandy

Thaw and roast an unstuffed duck 20 minutes in a hot oven 450° F. Season with salt and freshly ground black pepper. Reduce heat to moderate oven, 350° F., allowing 15 to 20 minutes more for each pound. Meanwhile fry 3 sliced carrots and 2 sliced onions in 3 tablespoons butter until onions are gilded. Peel rind from 1 large orange, cut into thin strips, and simmer strips in 1 cup water for 15 minutes. When duck is done, remove from roasting pan, drain off excess fat. To the gravy left in pan, add browned carrots and onions, the cooked orange rind and its water, the juice of the orange, and ½ cup of red currant jelly Heat this sauce until the jelly is melted, mixing well. If desired, add a little red wine to the gravy. Strain the sauce. A few of the orange strips may be added to the sauce as a garnish.

At serving time:

Serve the sauce separately, very hot. Bring the roast duck to the table on a heated serving dish. Pour 1 cup slightly warmed brandy over it. Set afire. Keep spooning the

blazing brandy over the duck so that the flavor penetrates.

BRAISED DUCK WITH CHERRIES

To serve 4 with generosity, get a 5- or 6-pound Long Island duckling and have it cut up as for fricassee.

You will need:

duckling
fat
onion
bay leaves
marjoram
canned Bing cherries
cornstarch

Place the pieces skin side down in a Dutch oven or large frying pan. Cook to a beautiful brown, uncovered over moderate heat for 45 minutes, pouring off the fat when it accumulates. Then cover and cook for another 30 minutes. Meanwhile it's duck soup to make duck broth. Place the giblets, neck, wingtips, etc., in a small saucepan with 2 cups water and ½ teaspoon salt. Cook covered until tender (about 40 minutes). Drain off the liquid, allow fat to rise to the top, and skim it off.

Now for the sauce: place 1 tablespoon fat in the saucepan, add 1 tablespoon minced onion, cook over low heat about 3 minutes, add 1½ cups duck broth, 1 teaspoon salt, 1 bay leaf, and ⅛ teaspoon marjoram.

Drain a No. 2 can of black Bing cherries. Gradually and slowly add ½ cup cherry juice to 2 tablespoons cornstarch. Add to hot broth. Cook, stirring constantly, until sauce thickens and boils. Remove bay leaf, add cherries, and heat thoroughly.

At serving time:

Serve from a casserole and at the last minute, if you like, at the table pour on ¼ cup blazing brandy.

Q

is for Quickies. The list grows longer hour by hour as the butcher, the baker, the frozen food maker, take over most of the real work of cooking. Now you can get complete meals in pretty little packets, literally from soup through sweets. But here's a caution: Some of the quickies, including the frozens, are wonderful, some are passable, some are terrible. You have to pick, and, as you go along, remember the brand name that pleases you.

is for Recipes. Give them a break, at least the first time. Make them up just as they are written. After you have the hang of it, you can improvise to your heart's delight. Assemble all the needfuls before you start. Be conscientious about measuring and, if you want to halve or to double a recipe, write down your mathematics. It's the only safe way.

RICE AND PASTA FOR QUICK AND EASY MEALS

RICE

RICE HAS LONG been a day-in, day-out staple in the Carolinas, New Orleans, and certain other parts of the South more popular than white potatoes and likely to be served at any meal. Only recently, however, has most of the rest of the country begun to realize its possibilities. The old methods of cooking rice—in a double boiler, for instance—were time-consuming; and the results were chancy.

Today we have a few simple rules for each of the various types of rice on the market; if you follow them carefully your rice will be uniformly delicious and good to look at. Regular white rice is the type we have had with us longest; more recent is long-grain converted rice with vitamins added and, most convenient of all, precooked rice. Each is prepared differently:

"Regular" Rice. Wash ½ cup rice in several waters or under the faucet, rubbing the grains between your fingers until all starch is loosened and the water is sparkling clear. Drain. Add rice very slowly to 1 quart boiling water with 1½ teaspoons salt previuosly added. Cook 20 to 25 minutes without a cover; after the first 12 minutes remove and test a few grains to see if they are soft but firm. When rice is done, turn into a colander, cover with a cloth, and place over steaming water to fluff and dry and to keep warm.

Rice makes a wonderful hot cereal for breakfast. Spoon it into cereal dishes; dot with butter, and pass the cream and sugar. Makes about 2 cups cooked rice.

Brown Rice. This is simply rice which has been milled less than white rice. It has a slightly richer flavor and a bit more value nutritionally. For serving plain, you may still prefer the white polished rice . . . but try brown rice with gravy or some of the meat-and-rice mixtures.

Cook it exactly the same as regular white rice, allowing an extra 5 or 10 minutes of cooking time.

Rice Ring. Butter a small ring mold and pack in the cooked rice. Set in a mild oven, 275-300° F., for 3 minutes if the rice is hot, or 6 minutes if it has cooled. Turn out carefully on a platter and fill with any creamed, creole or curry mixture.

Converted Rice. This gives you not only increased vitamin content and a delicate, rather nutlike flavor, but less work in preparation. You don't have to rinse it: you don't have to steam it—just cook and serve without further ado.

Add ½ teaspoon salt to 1 cup plus 2 tablespoons of boiling water. Slowly add ½ cup converted rice, cover and cook over low heat about 25 minutes or until the water has been absorbed. (For softer rice, use 1¼ cups boiling water; you will have to cook a little longer.)

Here is a pleasant change from potatoes, particularly when there is gravy from the meat to spoon over these lovely, fluffy white grains. Makes 2 cups.

Precooked Rice. The most revolutionary progress in rice cookery has come with packaged precooked rice. It is the quickest and easiest to prepare—about 13 minutes from package to table. Precooked rice takes on color and absorbs flavor more quickly than other forms of rice. But best of all, from your standpoint, the rice has been cooked by scientifically controlled standards, assuring you of uniformly fluffy, white grains.

Put into a sauce pan 1⅓ cups (1 5-ounce package) precooked rice with 1½ cups cold water and ½ teaspoon salt. Mix just enough to moisten all the grains. Bring quickly to a full rolling boil, uncovered. Do not stir, but fluff lightly once or twice with a fork. Cover and take off the heat; let stand in a warm place for 10 minutes.

Turn into a serving dish, dot with small bits of butter, and serve in place of mashed or boiled potatoes at dinner. Precooked rice doubles in volume; 1 5 ounce package makes 2⅔ cups cooked rice. 3–4 servings.

Soft Rice. A variation for Precooked Rice. Increase water to 1¾ cups. When water boils, turn down heat and cook 3 to

4 minutes, covered or uncovered. Remove from heat and let it stand covered in a warm place for 10 minutes.

WILD RICE WITH MUSHROOMS

Wild rice is not a rice at all but the seed of a marsh grass. It has a dark color and a nutty, distinctive flavor which adds an air to any dinner. It is cooked like any other rice but takes longer. Follow the package directions. You can, at some fine food stores and department stores, buy it already cooked and canned.

You will need:

canned chopped mushrooms
butter
cooked or canned wild rice

Drain a 3-ounce tin of broiled-in-butter mushrooms. Warm in 1 tablespoonful of melted butter. Add 2 cups cooked wild rice. Heat in the top of a double boiler.

At serving time:

Serve as a vegetable with poultry or game.

Variation:

Wild Rice with Raisins. In place of mushrooms, use ½ cup seedless raisins. Cover with water and steam 10 minutes. Drain well and toss raisins into the cooked wild rice.

USE SEASONINGS TO VARY RICE

Rice can be varied in many ways by the addition of a favorite herb or two. It can be cooked in fruit juice, tomato juice, or consommé instead of water. It can be exotically spiced. You can build a whole new repertoire of dishes with "rice and what-you-like." Try these:

Curried Rice. Dissolve 1 chicken bouillon cube in ¼ cup hot water; reduce cold water by ¼ cup if you are using precooked rice. (For regular rice, just dissolve the bouillon cube in the boiling water before adding rice.) Omit salt; add 1 teaspoon curry powder. At serving time each person puts the

curried rice on his plate, tops with curried lamb (see page 198) and curry accompaniments. This is also called Oriental Rice.

Yellow Rice. Add a pinch of saffron to the water before cooking, and turn the rice a glowing gold. Saffron, made from the crocus stamens, can be bought at the drugstore if your food store doesn't have it—or you can use 1 teaspoon tumeric —a pickling spice.

Viennese Rice. With 1 cup uncooked rice, add to the boiling water 1 onion speared with cloves and ½ to 1 cup minced parsley. After cooking and draining, add 1 cup cooked fresh peas and 2 tablespoons butter; mix well and serve very hot.

Rice Shepherd's Pie. Make up 1 5-ounce package precooked rice and put ½ of it in the bottom of a well-buttered ovenproof serving dish. Add a layer of diced meat and gravy (1 cup left-over lamb, beef, or pork to 1 cup gravy –or use canned roast beef or pork in gravy). Top with remaining rice. Put in a moderate oven, 350° F., for about 15 minutes or until bubbling hot.

Rice Shepherd's Pie with Chicken. For the middle layer, use a can of chicken à la king. Over the top layer of rice sprinkle ¼ to ½ cup grated sharp cheese.

Carolina Shrimp Pie. Use 1 cup canned cooked shrimp instead of meat for the middle layer and this may sound strange but tastes wonderful –a can of brown gravy.

Gullah Goober Rice. The Gullahs, a sturdy people from the west coast of Africa, were brought to work on the rice plantations of South Carolina, and some became cooks in the plantation kitchens. In this regional dish they used goobers (the Congo word for peanuts) which were a novelty up to the last century.

Dissolve 2 chicken bouillon cubes in ¼ cup hot water; add 1 5-ounce package precooked rice and 1½ cups cold water and bring to a boil. Add ½ cup shelled salted peanuts coarsely chopped (you can put them through the Mouli grater) and ½ cup finely chopped celery. Cover and steam 10 minutes. This makes 4 generous servings.

Orange Rice. Use orange juice and water, half and half. Just before serving, add 2 tablespoons butter, 1 teaspoon sugar, and 1 teaspoon grated orange rind. Wonderful with duck or Virginia ham.

Garnished Rice. Stir one of these in, or strew across the top, just before serving: slivered almonds, diced pineapple, pimiento strips, chopped chives, chopped green or ripe olives, or raisins.

Red Rice. Slice 3 medium onions and fry in bacon drippings or salad oil until golden. Add 1 5-ounce package precooked rice and brown slightly. Add 1 cup tomato sauce and ¾ cup cold water. Bring to a rolling boil; remove from the heat, cover, and set in a warm place for 10 minutes.

THINGS TO DO WITH SPANISH RICE

Canned Spanish rice is one of the most inexpensive and versatile products . . . surprisingly well flavored, too. Even the texture of the rice is good, especially in the most popular and widely distributed brands. Since the tin usually contains not only rice but onions, sweet peppers and tomatoes, vegetable oil, and a moderate amount of spicing, it makes a fine beginning for dozens of regional dishes where the ingredients are almost identical. Seasonings and accessories to the rice may be infinitely varied.

Here are a dozen and more dishes that begin with a can of Spanish rice:

Charleston Perlo. That's the way *pilau* is pronounced in Charleston and in all probability both the name and the idea stem in turn from the Oriental pilaf or rice cooked with butter and tomato juice.

Cut 2 slices lean bacon in pieces, fry. Add 1 can Spanish rice to bacon and drippings and heat thoroughly. (If your bacon is none too lean, pour off the fat before adding the rice.)

Shrimp Perlo. To 1 can Spanish rice add about 1 cup cooked shrimp, ½ teaspoon celery salt, and 1 teaspoon Worcestershire Sauce. Heat together well.

Sea Food Perlo To 1 can Spanish rice add 1 can fish flakes, flaked tuna, or salmon. Heat well.

Tomato Perlo. Another South Carolina favorite. Add 1 can California stewed tomatoes (these have onion, peppers, and celery with them) to 1 can Spanish rice and heat.

Limping Susan. An okra *pilau*, easy to make by cooking 1 package quick-frozen okra according to package directions; drain and add to 1 can heated Spanish rice.

Little Pedee Chicken Bog. A popular dish along the Little Peedee River. Add 1 can cooked boned chicken or 1 cup diced left-over chicken to 1 can Spanish rice; heat thoroughly.

Creole Rice with Onions. "Take as many onions as you think you'll need then add one more," says the old recipe. Translate as follows: Slice and gently fry 3 onions in butter or oil

until golden and transparent. Add 1 can Spanish rice, ¼ teaspoon thyme, ½ teaspoon garlic salt, and heat well.

Risotto Sauté 1 package quick-frozen chicken livers in butter with 1 small finely chopped onion until livers lose their red color and onions are golden, add 1 can Spanish rice, ½ teaspoon coarsely ground black pepper, ½ teaspoon thyme, and a dash of saffron (optional) Heat well.

Mock Jambalaya. A true jambalaya uses fluffy rice; in this quick version our rice is moist, but the end result is delicious. Heat 1 can Spanish rice with 1 can cooked flaked crab meat, ½ teaspoon garlic salt, 1 bay leaf, a dash of Tabasco, and 2 tablespoons chopped fresh parsley.

California Mission Rice. Put 1 can Spanish rice into a well-greased casserole and top with thin slices of Monterey Jack cheese, Munster, or any other mild, creamy cheese. Bake about 15 minutes at 375° F. or until rice is hot and cheese is melted. You can get the same taste combination in a hurry by cubing the cheese ½ cupful and heating it with the rice on top of the stove until all is heated and melted.

THINGS TO DO WITH THE PASTAS (SPAGHETTI, MACARONI, NOODLES)

When time is short and you're hungry—remember the large family of pastas. Spaghetti, macaroni, and noodles are all cooked the same way, in a *big* kettle of briskly boiling salted water (You may wish to add ½ onion stuck with a couple of whole cloves.) Cooking time varies, depending on the type of pasta used and degree of tenderness desired. The Italians like it *al dente* (firm to bite), but an extra 2 to 3 minutes will render the pasta soft or well done. To keep strands separate, you can add 1 tablespoon butter or olive oil to the cooking water. After cooking, drain in a strainer or colander, rinse with a little hot water, and add your sauce or fixings.

Try as many types of pasta as your local store carries; many of your old favorite dishes will take on a new look when you vary the pasta The very thin spaghetti (vermicelli) twirls beautifully when you hold your fork against a tablespoon. The spinach macaroni ribbons add a springlike note of green. Prettiest of all, perhaps, are the shells, dainty miniatures of the big "seashell" of your childhood which, when held to the ear, echoed the sound of the ocean surf.

Vary the type of pasta according to your timetable, too.

You can cook very thin spaghetti in 2 to 4 minutes, on the night you want to make the early show. When time is less important, plan to use rigatoni, the large, grooved, cut macaroni that takes 16 to 20 minutes to cook. The various sizes, shapes and types are generally interchangeable.

Here are some suggested combinations:

Thin Spaghetti with Tomato Sauce. Sometimes called spaghettini, thin spaghetti takes 8 to 12 minutes to cook. Prepare ½ pound according to package directions. At the same time, brown 1 clove of crushed garlic and ⅓ cup diced onion with ¼ pound chopped bacon. Add 2 cups canned tomato sauce and simmer about five minutes. Pour sauce over spaghettini on a heated serving plate and pass the grated Parmesan cheese. 3–4 servings.

Spaghetti with Meat Balls. Spaghetti not designated as "thin" will take 10 to 14 minutes to cook. Prepare ½ pound according to package directions. Open a can of meat balls in tomato sauce, add ¼ teaspoon oregano, and heat well. Pour over the spaghetti on a heated platter and pass any Italian-style cheese, grated. 3–4 servings.

Thin Macaroni with Liver Sauce. Allow 10 to 14 minutes for cooking thin macaroni (perciatelli). Blend 1 can liver *pâté* thoroughly into 1 cup tomato sauce. Put 1 clove garlic and ¼ small onion through garlic press, add to tomato-liver mixture. Heat thoroughly and pour over ½ pound cooked perciatelli.

Baked Macaroni with Eggplant. Medium-sized macaroni (mezzani) is also in the 10- to 14-minute class when it comes to cooking. Prepare ½ pound of macaroni. Meanwhile, fry thin peeled slices from a small eggplant in ¼ cup olive oil until golden brown. Set slices aside in a dish as they are browned. Put 1 clove garlic through a press and add to olive oil along with 1 can condensed tomato soup, ½ teaspoon basil, and simmer for a few minutes.

Put a third of the macaroni in the bottom of a greased casserole, cover with a layer of eggplant slices (½ of the slices) and sprinkle with grated Parmesan cheese. Repeat. Top with the final layer of macaroni, pour tomato sauce over all, and bake in a moderate oven, 350° F., for 12 minutes.

Large Macaroni with Ham Sauce. Large macaroni (ziti) takes 10 to 14 minutes to cook. Meanwhile, add 2 cups diced boiled ham to 1 can California-style tomatoes (which contain celery, onions, peppers, sugar, and spices) and 2 tablespoons butter. Simmer for 10 minutes, adding ½

teaspoon dried basil or ½ bay leaf Cook and drain ½ pound large macaroni, place in heated serving dish, and top with ham sauce, tossing lightly. 3–4 servings

Macaroni Ribbons, Sailor-style. Small macaroni ribbons (linguine) cook for 10 to 14 minutes. While macaroni is boiling, prepare marinara sauce. Fry 1 chopped clove garlic in ¼ cup olive oil until golden brown; add ½ can (1 cup) tomatoes, mashed, ½ teaspoon sugar, salt and pepper to taste and simmer for 5 minutes, stirring constantly Add ¼ teaspoon thyme, stir, and pour over macaroni. Sprinkle with parsley. 2–3 servings.

Macaroni Ribbons with Meat Sauce. Medium-sized macaroni ribbons are known as bavette; cook them 10 to 14 minutes. For meat sauce mix 2 cans or jars of junior or baby food beef with 1 can tomato sauce and 1 beef bouillon cube which has been dissolved in ¼ cup hot water. Add 1 teaspoon celery salt, 2 tablespoons chopped fresh parsley. Simmer 8 to 10 minutes and pour over macaroni ribbons.

Spinach Macaroni Ribbons with Chili Sauce. These take a little longer to cook . . . 12 to 16 minutes Cook ½ pound. Heat separately 1 can chili con carne without beans. Mix the sauce and macaroni together gently before serving or heap chili sauce in a hollowed-out center. For a special touch, rub the serving dish with a bud of garlic before adding macaroni and chili.

Elbow Spaghetti with Garlic Sauce. Cook elbow spaghetti 4 to 6 minutes and drain. In the meantime sauté 4 crushed cloves garlic in ½ cup olive oil until golden; add ½ cup chopped fresh parsley, ¼ teaspoon salt, and a dash of pepper, plus the cooked elbows, and simmer about 3 minutes or until elbows absorb the sauce. 3 servings.

Cut Macaroni with California Wine Sauce. Cook ½ pound cut macaroni (mezzani) 12 to 16 minutes, and drain. Heat 1 cup canned tomato sauce with 1 cup diced processed cheese until smooth. Stir in ¼ cup sherry wine. Put macaroni in heated serving dish, add sauce, and toss lightly. 3 servings.

Cut Large Macaroni with Olive Sauce. Also termed cut ziti, this is cooked 12 to 16 minutes, then drained. Meanwhile sauté 1 small finely chopped onion in 2 tablespoons olive oil until golden. Add 1 cup tomato sauce, 1 cup chopped ripe olives, and ¼ cup grated Parmesan cheese and simmer 10 minutes. Pour sauce over the macaroni in a heated dish, tossing lightly. 3 servings.

Rigati-sausage Casserole. Cook 1 pound of link sausage in

a covered pan for 20 minutes or until done; remove sausage. Pour off all but 3 tablespoons of liquid. Add 1 chopped green pepper and 1 small chopped onion and cook for 5 minutes Add 1 can condensed tomato soup and heat. Meanwhile, cook the cut grooved macaroni known as mezzani rigati for 14 to 18 minutes, drain and place in a buttered casserole. Add sauce, stir well, and top with sausage links. Bake in moderate oven, 350° F., for 30 minutes. 4 servings.

Rigatoni with Frankfurters. Cook large grooved macaroni (rigatoni) for 16 to 20 minutes longer than any other because it is thicker. Meanwhile sauté ½ pound frankfurters thin-sliced crosswise, and 1 finely chopped onion, in 2 tablespoons cooking fat for about 5 minutes. Add 1 cup tomato sauce and simmer another 10 minutes. Pour sauce over rigatoni in a heated serving dish. 4 servings.

Quills with Herb Butter. Quills (mostacciolini) cook for 14 to 18 minutes. As soon as you've started the pot to boiling, melt 1 stick (½ cup) butter in another saucepan and steep any suitable combination of herbs in the melted butter for at least 10 minutes.

You can buy mixed herbs or mix your own. The rule of thumb is "no less than 3, no more than 7." An easy but flavorful combination would be ½ teaspoon each of finely chopped parsley, chives, and tarragon, or thyme or chervil. Watercress would make a good fourth.

Toss the herb butter lightly with the macaroni on a heated serving plate.

Macaroni Shells in Fried Onion Sauce. Cook 2 cups sliced onions in covered frying pan in ¼ cup melted butter or olive oil for 15 minutes over moderate heat. Uncover and let onions brown, adding ¼ teaspoon salt and a dash of pepper. Meanwhile cook ½ pound shells or shellets (cavatelli) for 15 to 19 minutes, drain, and toss lightly with the onion sauce. 3 servings.

Macaroni Twists Casserole with Mushrooms. Cook ½ pound of twists for 15 to 19 minutes, drain, and mix with 1 teaspoon salt and a dash of pepper. Cover bottom of a casserole with 1 tablespoon olive oil or melted butter. Add a 1-inch layer of macaroni twists, then a layer of canned broiled-in-butter mushrooms. Repeat, then top with a final layer of macaroni. Pour on 1 pint (2 cups) light cream, cover, and bake in a moderate oven, 350° F., for 30 minutes removing the cover 5 minutes beforehand so that the top becomes golden brown 3 4 servings.

Noodles with Poppy Seeds. Cook ½ pound noodles accord-

ing to package directions, for 8 to 12 minutes. Drain and toss lightly with ¼ cup butter to which you have added 2 teaspoons poppy seeds.

Viennese Noodles. To the preceding recipe add ½ cup chopped pecans or Brazil nuts.

Texas Noodles with Sour Cream. Create a sensation with green noodles—the manufacturer has done the tinting with spinach juice. Cook ½ pound according to package directions, 8 to 12 minutes, and drain. Pass separately a bowl of sour cream to which you have added finely chopped chives and chopped red pepper or pimiento. Red and green is a favorite color combination for food in Texas.

Noodle Ring. Arrange well-buttered cooked noodles in a ring mold. Set in a pan of hot water in the oven for 20 minutes or until ready to serve. Turn out on a platter and fill with chicken à la king, curried lamb, or what-you-will.

Noodle Ring with Almonds. After unmolding, sprinkle 1 cup salted toasted whole almonds over all.

THINGS TO DO WITH CANNED SPAGHETTI

Crusty Spaghetti. Place 1 can spaghetti in tomato sauce in a buttered casserole and top with ½ cup prepared poultry stuffing. Heat for 15 minutes in a moderately hot oven, 375° F. Or you can heat the canned spaghetti and sauce on top of the stove, remove to a heated serving dish, and sprinkle with the savory, herb-flavored stuffing just before serving. 2–3 servings.

Packaged Spaghetti Dinner. Packaged spaghetti dinners come, not only with the pasta and cheese but with a can of sauce as well. Prepare according to package directions, but give the sauce a lift with ½ teaspoon Kitchen Bouquet, and 1 tablespoon steak sauce. 2–3 servings.

DELICIOUS THINGS TO DO WITH CANNED MACARONI AND CHEESE

There is many a fine dish to be had out of a can of cooked macaroni in cream sauce with cheese. You can heat it on top of the stove over low heat or put it in the oven for ½ hour to brown and bubble. You can add odd bits of left-over meat, canned meat, tuna, or salmon . . . even left-over vegetables add color and interest. Here are some ideas:

Macaroni with Peaks. Put the canned macaroni in a greased casserole and top with small pieces of stale bread which have been soaked in milk. Sprinkle with grated cheese. Place in a moderate oven for ½ hour, at 350° F. 2 servings.

Macaroni and Cheese à la King. Combine 1 can macaroni with 1 can chicken à la king in a greased casserole. Sprinkle with grated cheese and bake in a moderate oven, 350° F., for 15 minutes. 4 servings.

Nut Macaroni. Heat canned macaroni on top of the stove. Place in a heated serving dish and sprinkle with ¼ cup salted peanuts. 2 servings.

Macaroni Dinner. For a fine one-dish meal, combine meat and a vegetable with the macaroni and cheese. Cover the bottom of a buttered casserole with thin slices of cooked ham, spiced ham, luncheon meat, turkey, chicken, or flaked tuna fish. Top with 1 can macaroni and cheese, then with 1 package quick-frozen asparagus which has been lightly cooked. Sprinkle with ¼ cup each grated cheese and bread crumbs. Bake 20 minutes in a moderate oven, 350° F. 3 servings.

Macaroni with Grilled Tomatoes. Heat 1 can macaroni and place in an oven-proof dish. Top with tomato slices. Sprinkle with 2 tablespoons grated cheese, a few drops of Heinz "57" Sauce, 1 tablespoon olive oil or melted butter, and a bit of rosemary or oregano. Put under the broiler for a few minutes . . . just long enough to heat the tomato through and crinkle the edge of the slices. Sprinkle heavily with parsley and serve. 2–3 servings.

Macaroni with Tongue. Dice ⅔ of the contents of a 14-ounce jar of beef tongue, holding the remainder for slicing. Make alternate layers of macaroni with cheese sauce (using 2 cans) and diced tongue in a greased casserole, and pour 1 can condensed cream of mushroom soup over all. Heat in a moderate oven for ½ hour, at 350° F. Arrange the remaining tongue, thin-sliced, over the top, and put the dish under the broiler for a few minutes to brown the tongue slices around the edges. Instead of dicing the meat, you might want to cut it into julienne strips. 6 servings.

VERMICELLI WITH CLAM SAUCE

Most recipes for clam sauce include tomatoes and might more aptly be called "tomato sauce with clams." Here is a true clam sauce, lightly blessed with garlic, tinted with

parsley, so that the delicate flavor of the bivalve comes through triumphantly.

You will need:

vermicelli
canned minced clams
garlic clove
parsley
olive oil

Cook 2 minced cloves of garlic in 4 tablespoons olive oil; add liquid from 1 10½-ounce can minced clams, 2 or 3 tablespoons of chopped fresh parsley, and salt and pepper to taste. Simmer for 10 minutes, add clams, and simmer 2 more minutes, no longer (prolonged cooking makes clams tough).
Cook ½ pound vermicelli, the thinnest of thin spaghetti, according to package directions, 2 to 4 minutes.

At serving time:

Place the vermicelli on a heated serving dish and pour the clam sauce over it. Garnish with watercress or celery leaves. 2–3 servings.

SAN FRANCISCO CHICKEN TETRAZZINI

Canned chicken à la king, canned mushrooms, canned grated cheese, and a package of vermicelli. Put them all together and within 7 minutes take to the table a triumph.

You will need:

vermicelli
canned chicken à la king
canned mushrooms
canned grated cheese
nutmeg
sherry

Cook according to package directions ½ pound vermicelli. Drain and place in well-buttered shallow baking dish. Meanwhile heat 1 can or package chicken à la king along with 1 4-ounce tin sliced, broiled-in-butter mushrooms, using the liquid. Season with a little extra salt and pepper to taste, a few grains of nutmeg, and 1 to 2 tablespoons dry sherry. Pour on top of vermicelli. Sprinkle with about 2 ounces grated Parmesan

cheese. Set under the broiler or in the oven just long enough to brown and melt the cheese.

At serving time:

Sprinkle with 1 tablespoon chopped parsley. Serve from baking dish with green salad or tomato aspic or cucumber and watercress salad. 4 servings.

NEW YORK LASAGNE

One of the great traditional dishes of Italy is lasagne, a casserole made of the widest kind of ribbon pasta with many layers of sauce, several kinds of cheese, chopped meats, or meat balls. Recipes in the old cookbooks take up a page or two. And the doing is even longer than you might suppose. That's why there is so much excitement about quick-frozen lasagne. Just as it comes, heated according to package directions, it makes a fine dish, but placed on top of a thick layer of cottage cheese, the dish becomes less starchy, less calorific, and also less expensive per portion.

You will need:

canned marinara or spaghetti sauce
creamed cottage cheese
chopped parsley
quick-frozen lasagne
grated Parmesan cheese

Rub a shallow baking dish (that can come to the table) with a cut clove of garlic and brush with olive oil. Cover the bottom of the dish with marinara sauce, or any well-flavored tomato sauce, then spread a layer of creamed cottage cheese about 1 inch thick. On top of the cheese place 3 or 4 packages of quick-frozen lasagne. Sprinkle generously with grated Parmesan cheese. Heat according to package directions.

At serving time:

Bring to the table in its own baking dish. Cut into squares. Pass grated cheese and chopped parsley. 8 10 servings.

S

is for the Shelf. Keep an eagle eye on that shelf of supplies. Every time you go to market, buy a little something extra to put on the shelf. Keep your supplies constantly replenished, and do try to have on hand, no matter how small your space, the makings of breakfast and at least one square meal. And, if space permits, the wherewithal for a spur-of-the-moment party.

SECRETS TO MAKE YOU A STAR HOSTESS

For a number of people the buffet is the only answer. But a good quiet sit-down-and-enjoy-yourself dinner for 4 or 6 can be managed with ease and aplomb.

Plan your menu around one "made" dish—preferably one that does not require last-minute babying.

Develop 2 or 3 specialty menus—and don't be coy about repeat performances. Learn to cook these specialties very well indeed. Never try out a new dish for company . . . have at least one dress rehearsal for the family circle. The world's greatest chefs have test dinners, you know.

Wash and prepare salad greens early in the day, as soon as they come from the market. Then wrap in waxed paper and chill in the ice box. Your salads will be crisper, tastier, and you'll save precious minutes when they count most.

Begin with the "main event" at the dinner table. If you must have a starter, bring it on as a cocktail course in the living room. A cup of delicious hot soup served as an appetizer is a cheering thought. Once at the table, have everything on hand. *Everything!* Let's hope you can arrange to stay put until time to clear the table for dessert.

Place a low coffee table or a rolling cart at your right hand—a perfect harbor for all serving dishes, the water pitcher, salad fixings, and the like. A simple thought—but no-end helpful!

Cook at the table whenever possible—toss salads, bake waffles and pancakes, fry eggs! Keeps the hostess in the lime-

light instead of the kitchen. A word of warning: Table cooking can be a shambles unless you remember to collect every needful item on a tray beforehand.

Refuse, sweetly but firmly, all table-clearing assistance; nothing is drearier than a half-deserted dinner table. You can do the job alone much more quickly and efficiently. Don't give in on this point!

Have a rolling cart or a big sturdy tray with handles for clearing the table—why try to get formal about dish removal? Just do the job with as much dispatch as possible . . . but don't scrape plates at the table.

Be nonchalant about the dishwashing . . . though it may be a tussle between your social and housekeeping instincts. Things seem to work out better if dishes are stacked in the corner while the party is on and dealt with after the last good-by.

Keep things simple—this is the most important. There's only one sure means of ruining a party: "I strain."

TO MAKE A SALAD

To make a salad for your love in spring
first strain the light through honey and through wine
and pour in wide swathes on a young, green earth
dipped in sweet shimmer . . . dusted with fine gold.

Now take a front lawn by a small, white house
a yard where myriad, tiny, savage teeth
of dandelions dare to show their spears
and lift them, one by one, with a sharp knife
then wash and whirl and lay them in a bowl
well rubbed with garlic . . . bless with olive oil
like sunshaft molten . . . and with vinegar
that keeps the far-off apple orchard smell.

Then toss at dusk with candles in the room
and garnish with a tender ray of moon.

Leave the dishes

They'll wait
The love-mood doesn't always.

A SALAD FOR YOUR LOVE

THE SALAD course, once firmly fixed between entree and dessert, is now likely to turn up at any point during the meal. California made the salad into a first course so that it might be enjoyed with keener appetite, and restaurants have picked up this idea with an ulterior motive . . . to keep their customers quiet and happy while the entree is being prepared. (This may give you an idea for that occasion when you're planning to feature a soufflé or are cooking outdoors.) Salads may be the featured dish at lunch or that lovely old-fashioned custom of Sunday-night supper—and fruit salad makes a fine low-calorie dessert.

The classic green salad welcomes such accompaniments as slices of Virginia ham, or pass around a whole cheese such as Edam or Bel Paese and let each person cut his own wedge to eat with crusty bread and salad. Or serve rondelles of liver *pâté:* Simply open both ends of a can, push out and cut the cylinder of liverwurst or *pâté* into ½-inch slices.

Bear in mind, however, that a salad is only as good as its greens; and they should be crisp, well chilled, and thoroughly dried after washing to avoid a watery dressing. Then improvise, for a salad will welcome most any palatable combination of foods, and an old favorite can be revived with a different dressing. And, finally, do keep it simple, the over-elaborate salad is as out of date as a monkey-fur jacket.

FRENCH DRESSING

While everyone seems in agreement on the classic proportions for French dressing 3 parts oil to 1 part vinegar—from that point on it is every man for himself. Some espouse olive oil, others corn or peanut oil. One may insist on cider vinegar, another on wine or malt vinegar. We do not presume to dictate, only to suggest.

You will need:

¾ cup salad oil
¼ cup vinegar

Mix ¾ cup salad oil, ¼ cup vinegar, ½ teaspoon salt, and a dash of pepper, and shake in a jar.

At serving time:

If the dressing has been prepared in advance, be sure to shake well before pouring.

Variations:

The variations of French dressing are endless. For instance, you might stir in:

Six tablespoons of Bleu or Roquefort cheese, crumbled, for a green salad.
A bit of liver *pâté*.
A couple of finely chopped anchovies or a bit of anchovy paste.
Three or 4 chopped, browned mushrooms.
A bit of chutney.
A tablespoon or so of ketchup or chili sauce.
Chopped hard-cooked eggs.
A teaspoon of prepared mustard or 1/6 teaspoon of dry mustard.
Lemon juice instead of vinegar.
One fourth cup mayonnaise and a dash of Worcestershire Sauce.
One teaspoon of sugar and a dash of paprika; a characteristically Midwest version.
Four and one half tablespoons India relish.
For an egg vinaigrette dressing, to be served hot or cold on cold asparagus or broccoli, with tomatoes or cucumbers, add 1 teaspoon minced onion or chives, 1 teaspoon chopped parsley, and 1 chopped hard-cooked egg.

MAYONNAISE AND SALAD DRESSING

Start with a jar of mayonnaise (made with eggs) or

salad dressing (usually made without eggs) and spark it up to add variety to your meals. Simply measure out 1 cup and add:

Creamy Mayonnaise. 2 tablespoons thin cream, 2½ teaspoons Worcestershire Sauce, ¼ teaspoon salt, ½ teaspoon sugar, 1 tablespoon cider vinegar. Keep in covered jar in refrigerator; use with cole slaw or lettuce hearts.

Celery Mayonnaise. 4 tablespoons chopped celery, 1 tablespoon chopped green pepper; serve with fish.

Thousand Island Dressing I. 2 tablespoons chili sauce.

Thousand Island Dressing II. 2 tablespoon chili sauce or ketchup, ⅓ cup cream (sweet or sour, plain or whipped), 2 tablespoons chopped pimiento-stuffed olives, 1 tablespoon chopped green pepper, 1 tablespoon chopped onion or chives. Wonderful with sea food, vegetable salad, spread on top or passed separately.

Honey Mayonnaise. 1 cup whipped cream and 1 tablespoon honey; excellent with fruit salads.

Roquefort Mayonnaise. 4 tablespoons crumbled Roquefort or Bleu cheese, 4 tablespoons chili sauce. Cover tightly, allow to blend for a little while in the refrigerator, and serve with sliced tomatoes.

Tartar Sauce. 2 tablespoons horse-radish and ½ cup well-drained India relish. This is what usually comes to the table with every restaurant order of fried fish, usually in fluted too-small paper cups. Good, too, with salmon or tuna fish salads.

Caper Mayonnaise. 2 tablespoons well-drained capers and 1 teaspoon Worcestershire Sauce; wonderful with shellfish.

Whipped Cream Mayonnaise. 1 cup cream (measure, then whip); use with fruit salad, cold salmon, or as a dip sauce for shrimp at a cocktail party.

Curry Mayonnaise. 1 cup cream (measure, then whip); ½ teaspoon curry powder; serve with cold fish.

Green Mayonnaise. 1 drop (no more) green vegetable coloring. The French call it *Mayonnaise Vert* and serve with cold salmon. Coloring may be added to plain mayonnaise or whipped cream mayonnaise.

Russian Dressing. ½ cup chili sauce. Delicious with egg salad.

Sour Cream Mayonnaise. 1 cup sour cream, a sprinkle of freshly ground black pepper, 1 tablespoon chopped chives or parsley; fine with cucumbers or radishes.

South Boston Mayonnaise. 2 tablespoons baby food spinach, 4 teaspoons capers, ½ small onion chopped, 4 tablespoons

each parsley and watercress, and 4 anchovy fillets; put through fine sieve and serve with meat, fish, or vegetable salads. As green as the verdant hills of Ireland to the denizens of south Boston.

Fruit Juice Mayonnaise. 5 tablespoons confectioner's sugar, 2 tablespoons fruit juice, 1 tablespoon lemon juice.

Cream Cheese Mayonnaise. 2 3-ounce packages cream cheese, 2 teaspoons chopped parsley; use with fruit salad or tomatoes.

Chiffonade Mayonnaise. 2 tablespoons each chopped parsley and green pepper, 1 tablespoon chopped pimiento, 1 small onion, chopped, a sprinkle of paprika.

Chutney Mayonnaise. 3 tablespoons chutney, chopped fine.

Green Onion Mayonnaise. 3 tablespoons chopped green onion tops; fine with all kinds of salads, bar none—except fruit.

Herb Mayonnaise. ½ teaspoon powdered salad herbs. Use with meat and vegetable salads.

Ripe Olive Mayonnaise. 12 thin-sliced ripe olives, 2 tablespoons chili sauce; fine with vegetable or meat salads.

BEET SALAD WITH HORSE-RADISH

Cold beets usually come to the table bathed in vinegar, with or without onion rings. Try this for a change.

You will need:

prepared horse radish
vinegar
cream
sliced beets
spinach or romaine

Mix 3 tablespoons grated horse-radish with 3 tablespoons cream and 1 tablespoon vinegar. Add salt and pepper to taste. You may vary the amount of cream, depending on how thick you like your sauce. Some people whip the cream; some use sour cream.

At serving time:

Arrange 1 can of drained sliced beets on tender, young raw spinach or romaine leaves and pass the horse-radish dressing. 4 servings.

CAESAR SALAD

An egg, raw or coddled for a minute, added to the dressing, the definite taste of garlic, the flavor of hard, sharp cheese, the crusty bite of breadsticks, the salty tang of anchovies—all this added to a great bowl of greens has made famous the Caesar salad of the West Coast. A good deal of ritual has been connected with the service of this salad, and no doubt the ceremonial has added much to its publicity and enjoyment. So famous has this salad become that a special Caesar salad dressing has been put on the market and is generally available.

You will need:

salad greens: lettuce, romaine, escarole, chicory
Caesar salad dressing
sharp cheese
raw egg
anchovies
hard-cooked eggs
breadsticks

Put in a salad bowl 6 cups crisp, well-washed salad greens, ½ cup Caesar salad dressing, and about 4 generous tablespoons, maybe more, of grated sharp cheese, Parmesan, Romano, sharp Cheddar, or Bleu cheese. Now take an egg, raw, unbeaten, plop it into the bowl, right on top of the greens. Toss like anything. Garnish with anchovies and 2 sliced hard-cooked eggs.

At serving time:

Add 1 cup of breadsticks, broken in 1-inch pieces, which have been soaking in the Caesar salad dressing. Give another light toss and serve at once while the breadsticks are crisp.

Variation:

Another version, called "barbecue salad" would have been better named "before-the-barbecue salad." This is made of whole unbroken romaine lettuce leaves tossed with the Caesar salad dressing, then liberally sprinkled with grated Parmesan cheese, so that every leaf becomes a kind of receptacle. The bowl is passed around the patio in Cali-

fornia just before steaks are placed on the barbecue grill, and guests help themselves with their fingers. Plenty of paper napkins are called for.

CHICKEN WALDORF SALAD

The addition of chicken to the classic Waldorf salad makes a fine luncheon dish.

You will need:

canned boned chicken
apple
celery
chopped nut meats
mayonnaise
lettuce or other greens

Flake 2 cans boned cooked chicken with a fork. Add ½ cup chopped celery, 1 cup chopped apple, and ½ cup chopped nut meats, and mayonnaise to your taste.

At serving time:

Heap the salad on lettuce or other greens. 4 servings.

COLE SLAW WITH CHOPPED GHERKINS

To ½ of a small head of cabbage, finely shredded, add ¼ cup of sweet gherkins, chopped or thinly sliced, and moisten with French dressing, mayonnaise, salad dressing, or sour cream dressing.

At serving time:

Garnish with leaves of fennel or sprigs of fennel or dill on top of slaw.

Variation:

Spiced Slaw. To each cup of regular slaw, add ½ teaspoon caraway, celery, or dill seed, or 1 tablespoon of finely chopped onion and ½ cup finely chopped pepper or diced tart apple.

Gourmet Slaw. Use 1 small, crisp head of cabbage, finely shredded, and a slivered carrot. To 1 cup of mayonnaise

add ¼ cup sour cream, and ½ teaspoon each of celery seed, mustard seed, and finely minced onion; and ½ teaspoon sugar.

COTTAGE CHEESE WITH SOUR CREAM AND VEGETABLES

For lunch or that light supper on a hot, hot day there is nothing more delicious than this tasty and satisfying salad, especially as it is served at Lindy's on Broadway, where theatrical and movie folk forgather.

You will need:

cottage cheese
fresh vegetables
lettuce
sour cream

Combine 1 cup cottage cheese with an equal amount of finely cut vegetables, such as radishes, cucumbers, little spring onions, and shredded lettuce. Moisten with sour cream, season with plenty of salt and freshly ground black pepper.

At serving time:

Mound on crisp greenery. 4 servings.

SAN FRANCISCO CRAB LOUIS

Visitors in San Francisco usually ask for fresh crabs, and Crab Louis as it has been developed in this city is a favorite of gourmets. Here is a simple recipe for making it.

You will need:

cooked crab meat
lettuce
mayonnaise
chili sauce or ketchup
chopped ripe olives
sweet pickle
parsley
Worcestershire Sauce
lemons

Mix together 1 pound cooked crab meat and 1 large head lettuce shredded, saving crab legs. Mix ½ cup

mayonnaise, 1 cup chili sauce or ketchup, 6 ripe olives chopped fine, 4 small sweet pickles chopped, 1 tablespoon chopped parsley, and 1 teaspoon Worcestershire Sauce to make a fine smooth dressing. Chill.

At serving time:

Cover the whole bed of mixed crab and lettuce with the dressing. Top with the crab legs. Garnish with quartered lemons. 6 servings.

DANDELION, RADISH, AND CUCUMBER SALAD WITH COUNTRY CREAM DRESSING

Many grocers have tender, young dandelion greens in the spring of the year—or you can whip out to your front lawn or the nearest park and pick them.

You will need:

whipping cream or sour cream
tarragon vinegar
sugar
dandelion greens
radishes
cucumbers

Mix ¾ cup whipping cream or sour cream with 3 tablespoons tarragon vinegar, ½ teaspoon salt, and 3 tablespoons sugar. Bathe and dry dandelion greens thoroughly. Put in your wooden salad bowl with thin, thin slices of radishes and cucumbers.

At serving time:

Add your country cream dressing to salad; toss lightly.

ESCAROLE AND EGG SALAD

Rubbing the salad bowl lightly with a cut clove of garlic is a must for this salad . . . and do have the ingredients thoroughly chilled.

You will need:

escarole
hard-cooked eggs
sweet pickles
French dressing

Wash and dry a head of escarole thoroughly and tear the leaves into forkable bits with your fingers. Add 2 chopped hard-cooked eggs along with 2 or 3 tablespoons of drained, sliced sweet pickle, and about ¼ cup French dressing.

At serving time:

To the table without delay; you don't want it warm or wilted by an overlong wait.

FRUIT SALAD

When heat and humidity unite to wilt the appetite, here's a combination to perk it up.

You will need:

salad greens
fresh fruits
dressing

Tear salad greens (romaine, iceberg, or Boston lettuce, escarole, chicory, watercress, and/or endive) by hand into eatable bits and scatter among them such fresh fruits as pineapple sticks, orange slices, grapefruit sections, cut-up peaches, plums, pears, melon balls, seedless grapes, or any berries.

At serving time:

Bring to the table in Grandmama's cut-glass bowl. Serve with French dressing, with mayonnaise liberally diluted with cream, or with English Junkets (see page 23).

Variation:

Tropical Fruit Salad. For a favorite Latin American combination, combine 4 sliced tomatoes and ½ cup drained

canned or frozen pineapple chunks with the greens and add a few sprigs fresh chopped mint to the French dressing.

FRUIT SALAD IN A MELON BOWL

When melons are in season, nature has provided the prettiest and most appropriate of salad bowls. For a large party use a half of a watermelon cut lengthwise, of course —a honeydew or Persian melon or, for individual service, small cantaloupes or honey balls.

You will need:

melon
fresh fruits
French dressing
watercress or nasturtium leaves

Scoop the meat from the melon shell and cut into balls or chunks. Combine with other fruits in season. Take care that the combination affords plenty of contrast as to color, texture, and flavor, i.e., watermelon balls, sliced fresh or quick-frozen peaches and blueberries, or honeydew melon, strawberries or raspberries, and canned mandarin orange sections. Fruits should be attractively arranged inside the melon shell and garnished with sprigs of watercress, mint, nasturtium leaves, or fresh burnet—an herb with a cucumbery taste.

At serving time:

Serve from melon shell onto chilled plates and pass separately French dressing preferably made from 3 parts oil, 1 part lemon or lime juice, salt, pepper, a bit of honey thoroughly stirred. Paprika may be added if desired.

HOT GREEN BEAN SALAD

One of the world's finest salads is this one made of cooked string beans, fresh, canned, or frozen, and a hot bacon-and-vinegar dressing.

You will need:

bacon
mild vinegar
paprika
string beans

Cook 4 slices of bacon: remove from fire and mince it. To the drippings in the pan add ½ cup vinegar, ⅛ teaspoon paprika, and the minced bacon. Then combine the dressing with 2 cups of cooked green beans.

At serving time:

Serve hot. (Or chill beans for several hours.) 4 servings. To vary the dressing, ½ cup chopped onion may be sautéed in the bacon fat before the vinegar is added. Herbs may also be added. Or if there is no bacon in the larder, you may achieve the same result by using 4 tablespoons of bacon drippings and 1 tablespoon of vinegar, seasoned with a dash of prepared mustard and pepper.

GREEN SALAD WITH CHAMPAGNE

With fine champagnes available from the vineyards of western New York, you need not wait for a gala occasion to enjoy this.

You will need:

salad greens
herbs
olive oil
lemon juice
champagne

Arrange various greens, such as watercress, escarole, chicory, endive, or tender young leaves of spinach, in a pretty bowl *not* rubbed with garlic. Mix in finely cut herbs: tarragon, basil, parsley, or chervil.

At serving time:

Make French dressing at the table, using 4 parts olive oil, 1 part lemon juice, salt, and freshly ground black pepper. At the last add a splotch—a couple of table-

spoons—of iced champagne. Serve remainder of champagne with salad and dessert.

LIMA BEAN SALAD FROM THE VALLEY OF THE MOON

Some years back we drove with George Mardikian of the famous Omar Khayyàm restaurant in San Francisco, to his ranch house in the Valley of the Moon, near San Francisco, when the hills were just beginning to green. The house was closed, but we had one of the most wonderful lunches of all our lives—a salad made of canned lima beans. Any kind of cooked white beans or kidney beans may be used, even tomato sauced baked beans.

You will need:

canned beans
onion
parsley
salad oil
vinegar or lemon juice
tomatoes or tomato aspic
olives

Chill and drain 1 can (about 2 cups) cooked beans. Combine with 1 large or 2 small onions, thinly sliced, a lot of finely chopped parsley—at least ¼ cup—3 tablespoons olive oil, salad oil, or peanut oil, the same amount of vinegar or lemon juice, salt, and freshly ground black pepper to taste. Mix thoroughly but lightly so as not to crush the beans.

At serving time:

Place into a bowl lined with crisp lettuce. Garnish with quartered tomatoes and olives or canned sliced tomato aspic.

MAY DAY SALAD WITH VIOLETS

In the hills around Turin, Italy, there is a salad which is decorated according to the season and one's own fancy with edible and gaily colored flowers. Generally it is referred to as *"l'insalata delle 24 ore"* (the salad of 24 hours) but on May

Day it is decorated with violets. The custom still persists among Italian Americans in Dutchess County, N.Y.

You will need:

leaf or Boston lettuce
violets
hard cooked eggs
olive oil
vinegar, cider, or lemon juice
anchovy paste
truffles (optional)

Place greens in a large chilled bowl . . . do not use garlic. Scatter with violets, purple, white, or yellow, and the whites of 2 hard-cooked eggs cut into strips. (Johnny-jump-ups may be used.) The wild violets have the finest flavor. Cut a few of the tenderest stems into tiny bits and add these also.

At serving time:

Make a dressing at the table by mixing thoroughly together 3 to 4 tablespoons olive oil or peanut oil, 1 tablespoon cider or wine vinegar (or lemon juice), ½ teaspoon anchovy paste, a few grains of pepper, and the crushed yolks of 2 hard-cooked eggs. The oil and vinegar or lemon juice should be added bit by bit to the mashed egg yolks. Thin strips of truffles are often added to this salad but they aren't necessary. 4–6 servings.

HOT POTATO SALAD

A fine dish to serve with boiled ham.

You will need:

olive oil
vinegar
cooked potatoes, thinly sliced

Heat a French dressing made of ¼ cup each of salad oil and vinegar; season with salt and pepper and pour over 4 medium-sized cooked, thinly sliced potatoes, placed in a pyrex dish. Let it stand in the oven until heated through.

At serving time:

Plenty of chopped parsley sprinkled over the top adds good looks and extra flavor. 4 servings.

Variation:

Pennsylvania Dutch Potato Salad. The hot bacon and vinegar dressing given with the Hot Green Bean Salad can also be used to fine effect.

GOLD PLATTER SPINACH SALAD

This is a most unusual creation, so delectable it was once served on golden plates at the Epicurean Dinner at the Jonathan Club in Los Angeles.

You will need:

frozen leaf spinach
salad oil
lemon juice or
wine vinegar
yogurt or sour cream
ketchup
Worcestershire Sauce
prepared mustard
hard-cooked eggs
tomatoes
canned asparagus

Mix 1 package of frozen leaf spinach, thawed and drained, with 2 tablespoons of salad oil, 1 tablespoon of lemon juice or wine vinegar. Meanwhile, mix 1 cup of yogurt or sour cream with ½ cup ketchup, 1 tablespoon Worcestershire Sauce, 1 tablespoon mustard. Blend all with a rotary egg beater till smooth.

At serving time:

Pour dressing over salad, toss lightly, and garnish with 2 hard cooked eggs, chopped, a couple of quartered tomatoes, and a small tin of chilled asparagus.

TOMATO SALAD WITH ONIONS

This is one of those old-time, farm-style dishes that seldom appear in cookbooks — a fine, fine dish if you like raw onions.

Slice tomatoes and combine with very thin slices of mild Bermuda onions. Sprinkle with salt, pepper, and vinegar. Serve as a salad or side dish.

A variation of this, generally called Sicilian salad, calls for 4 good sized tomatoes, hard ripe, unpeeled, and cut into pieces. Season with garlic—about ½ clove chopped fine or pressed in a garlic press—and add 4 tablespoons salad oil, ½ teaspoon salt, ½ teaspoon pepper, 1 tablespoon basil flavored red wine vinegar or any good red wine vinegar, and 1 teaspoon of dried basil leaves. Chill for about 5 minutes before serving. 4 servings.

TUNA SALAD

Here is a substantial salad which can be varied by using canned salmon or bonito flakes in place of tuna; capers or sweet pickle relish instead of olives.

You will need:

canned tuna
mayonnaise
lemon juice
celery
olives
onion
lettuce
eggs
tomato

Add oil drained from 1 7-ounce can tuna to ½ cup mayonnaise and 1 tablespoon lemon juice. Break tuna into large pieces and combine with 2 cups thinly sliced celery, 2 tablespoons chopped olives, 1 small chopped onion, ⅛ teaspoon salt, and the dressing. Mix lightly.

At serving time:

Place in lettuce cups garnished with a section of hard-cooked egg and a section of tomato. 5 servings.

SANDWICHES: A MEAL IN THE HAND

FIFTY YEARS AGO the famous *White House Cookbook* allotted exactly 2 of its 600 pages to sandwiches . . . 8 recipes in all. Today, with soup, salad, or dessert, the sandwich has be-

come the great American lunch. Hearty sandwiches appear at the best buffet suppers. They're an old stand-by at cocktail parties, teas, and picnics.

Here's a bit of old-fashioned advice; when you're making sandwiches, *Mind your three S's:*

Be sure: the knife is *Sharp* . . .
the bread is *Stale* (at least a day old) . . .
the butter or spread is *Soft.*

You can make sandwiches ahead of time, cover with waxed paper or a damp napkin or dish towel, and keep in the refrigerator. Or wrap them in aluminum foil and store in the freezer, removing them 3½ hours before serving time to thaw.

If you must use fresh bread, you will find it cuts more easily if you wrap it well and chill in the refrigerator several hours or in the freezer until firm. This will also make spreading easier.

Rock-hard butter right out of the refrigerator is apt to tear your bread into crumbs. To make your life easier and the butter go further, let it stand covered at room temperature for 10 minutes or more, add a little top milk, and stir with a wooden spoon or beat in the electric beater until soft and fluffy.

Always carry butter or other spread clear to the edge of the bread; there's no greater letdown than to come to the last bite and find only a morsel of dry bread.

And do vary your breads. We have tried to suggest certain breads, rolls, and such in the recipes which follow. Try them all, experiment with new combinations!

Toasted Sandwiches. Some people insist on toast for almost any kind of sandwich. For the best, most beautifully gilded and delicious sandwiches, spare the butter on the inside and brush the outside with melted butter or salad oil. Toast under the broiler or on a table grill; for an even richer tidbit, brown the sandwiches in butter in a heavy frying pan. Handle with care—you don't want your fillings to fall out!

OPEN-FACE HOT BAKED BEAN SANDWICH

Top a slice of buttered bread with baked beans, drained; sprinkle with 1 tablespoon grated cheese, and crisscross the

top with 2 strips of bacon. Bake or broil until cheese melts and bacon is crisp. Serve with sweet pickle relish.

BEACH PARTY LOAF

This beautiful wheel of bread and fixings was no doubt inspired by the *pain baignade* (bathing bread) popular on the beaches of southern France.

You will need:

large round loaf crusty bread
butter
fresh tomatoes
fresh basil, parsley, or chives
sardines
black olives

Cut loaf of bread in half horizontally into 2 slices, butter each half and arrange thinly sliced tomatoes around the outer edges. Sprinkle with salt, freshly ground pepper, chopped fresh basil, parsley, or chives. Arrange 1 can sardines like spokes of a wheel in center of each ½ loaf and decorate with sliced pitted black olives. Pour some of oil from sardines over each ½ loaf.

At serving time:

Diners cut pie-shaped wedges to suit their appetites. One loaf makes 6 servings.

CHEESE DREAMS

Dozens and dozens of times you turn to these quick, easy, and delicious sandwiches for lunch, supper, or a snack.

You will need:

bread
mild cheese
Worcestershire Sauce

Toast bread on one side, arrange slices of mild cheese—Gruyère, Swiss, or American—on the untoasted side.

Sprinkle with a bit of Worcestershire Sauce and toast under the broiler until the cheese melts.

At serving time:

Eat while hot and fluffy.

Variations:

Tomato Cheese Dreams. A thick slice of fresh tomato topped with a crisscross of uncooked bacon may be used on cheese sandwiches.

Onion-cheese Dreams. Onion lovers will enjoy topping the cheese with rings of mild sweet onion and bits of uncooked bacon.

CHICKEN SALAD ROLLS

As pretty a dish as you could find. They make a stylish entree for a luncheon as well as for a buffet supper.

You will need:

cooked or canned chicken
celery
green pepper
mayonnaise
sour cream
curry powder
lettuce
white grapes
hard rolls

Combine 2 cups coarsely diced cooked or canned chicken with 2 cups celery cut into ¾-inch pieces, 1 green pepper cut into strips, 1 cup mayonnaise, 1 cup sour cream, and 1 level teaspoon curry powder. Salt and pepper to taste. Line salad bowl with crisp lettuce; place salad in center of bowl. Arrange white grapes in a ring around salad. Cut ½-inch slice from top of hard rolls, scoop out soft part.

At serving time:

Guests fill rolls with salad, top with such garnishes as salted almonds, walnuts, or mixed nuts, stuffed olives and pimiento, and pink pickled eggs (see page 19). This makes enough salad for 8 servings.

CLUB SANDWICH

Some people are never really happy until they have been rendered speechless by means of a club sandwich! A problem to eat perhaps, but it couldn't be easier to contrive.

For each sandwich butter 3 slices of toast. Arrange on the first slice a leaf of lettuce, spread with mayonnaise, several thin, thin slices of chicken or turkey and a slice of cooked bacon. Cover with a second piece of toast and repeat. The third piece of toast goes on top, and the structure is held together with toothpicks capped with olives. Garnish with pickles and sliced tomato; cut sandwich in half or quarters crosswise.

DEVILED HAM FOLD-OVERS

Maybe it's not really a sandwich but it is bread and meat in a highly eatable form. Very quick and delicious.

You will need:

oven-ready biscuits
canned deviled ham

Heat oven to 450° F. Flatten oven-ready biscuits (1 package) into 4-inch circles. Place 1 tablespoon deviled ham in center of each; fold in half. Seal edges by pressing with fork tines. Bake about 10 minutes.

At serving time:

Serve hot. Makes 10 fold-overs.

Variation:

Ham Salad Fold-overs. In place of deviled ham, use ¾ cup ham salad sandwich filling.

FRIZZLED HAM BUNS

Frizzled ham buns are an extra-special version of the old Girl Scout favorite. Perfect for a camping trip or picnic . . . or the back yard grill.

You will need:

Parker House rolls
cheese spread
prepared mustard
sliced boiled ham

"Butter" Parker House rolls or any other good sized bun with a soft cheese spread, then a thin coating of mild prepared mustard. Wrap each bun in a thin slice of boiled ham, fastening securely with toothpicks. Toast on a long-handled fork —or do 6 at a time on a long-handled broiler.

At serving time:

Serve in a very thick paper napkin (or 2 of the thinner variety), for this is finger food in true picnic style. Allow for seconds, too—there's something about the wonderful odor of food cooking out of doors that encourages the shyest guest to step right up for another helping.

GINGERBREAD SANDWICHES FOR TEA

Make gingerbread according to directions on a package of gingerbread mix, baking it in an oblong loaf pan. When gingerbread is cool, cut into ½-inch slices. Spread 1 slice with softened cream cheese and grated orange rind, cream cheese and jelly, or honey-butter. Top with another slice of gingerbread and cut into dainty sizes . . . fingers 1 inch wide, or triangles, for instance.

HAMBURGER SANDWICH

One of the most popular of all quick-lunch items, and the only sandwich we can recall about which a number of restaurants in the past decade have built their fame . . . we salute the All American hamburger. A good burger is made entirely of chopped beef; many places emphasize this by dubbing it "beefburger." A minimum of ¼ pound to a sandwich is called for, so that the roll will not overpower the meat.

You will need:

chopped beef
ketchup

butter
hamburger rolls
onion slices
pickle relish

Divide 1 pound of chopped beef into 4 patties and broil or pan-fry in a small amount of butter to the desired degree of doneness (rare, medium, or well-) Meanwhile, split and toast the hamburger rolls, in the broiler or upside down on a hot griddle. Lay each hamburger between the halves of a warm toasted bun.

At serving time:

Serve at once and pass a divided relish dish so that each person may garnish with ketchup, slices of mild onion, and/or any sweet pickle relish. 4 servings.

Variations:

Texas Hamburger. Why Texas? Because it's so big. Combine 1 pound chopped beef with ¼ cup water and 1 tablespoon Worcestershire Sauce. Cut 2 brown'n'serve French loaves in half lengthwise, spread ¼ of the meat on each ½ and top with thinly sliced rings of mild onion. Broil 10 minutes.
Cheeseburger. The fried or broiled hamburger topped with cheese should be set under the broiler or in the oven for a scant minute or 2 until the cheese is fairly warm and melted.
California Cheeseburger. To 1 pound chopped beef add ¼ cup dry red table wine. Shape into 4 patties about 1 inch thick. Broil or fry. Place each on a buttered (toasted or plain heated) hamburger bun; top with 2 tablespoons heated canned Welsh rarebit and sprinkle with basil leaves.

HOT DOGS

Today hot dogs come in many sizes from the dainty cocktail frankfurter to the long plump Coney Island red-hot. They can be boiled, broiled, fried, or cooked over an open fire. Best of all they come in jars and cans so that you can always keep some on hand for an unexpected picnic or just because, like most Americans, they are one of your all-time favorites.

Drain 1 can of all-beef frankfurters and brown on a lightly greased griddle or frying pan. Use butter in the pan to give a special flavor. Place between halves of gently toasted frankfurter buns.

Variation:

Michigan Yard Longs. Take the longest loaf of French bread you can find, slice it down the middle from stem to stern, and line with halved grilled frankfurters. Cut it like a Po' Boy into chunks. Pass hot sauerkraut, ketchup, mustard, and mustard pickle relish so that each person may garnish to his own taste.

THINGS TO DO WITH HOT MEAT SANDWICHES

Another staple on restaurant menus throughout the country is the hot meat sandwich. It runs the gamut from delicious to dreadful, the chief faults rising from the use of thick-sliced meat (a number of thin slices are better) and the one lone pot of anonymous brown gravy that is impartially ladled over everything. Hot meat sandwiches can be tasty; here are a few suggestions—all typically American "diner" specials.

Hot Roast Beef Sandwich. If you have left-over roast beef and gravy, fine; otherwise open a can of sliced roast beef and gravy. You can add a bit of Worcestershire Sauce, a tablespoon of red wine, or a small can of mushroom slices to give the gravy more character; heat slowly (do not boil). Serve over white bread, with mashed potatoes and sliced tomato on lettuce.

Hot Chicken or Turkey Sandwich. Slice the chicken or turkey very thin, lay on toast, and cover with hot giblet gravy . . . or you can use condensed cream of mushroom soup which has been heated with ½ can of water. A thin slice of ham underneath is a nice addition.

Hot Roast Pork Sandwich. Again, left-overs are fine, but you can also buy canned sliced roast pork in gravy, to which you will add a dash of Worcestershire Sauce. Serve over buttered bread, and this time it's applesauce in a lettuce leaf or a side dish, with mashed potatoes.

LIEDERKRANZ-AND-ONION SUPPER SANDWICH

Liederkranz is that rarity among cheeses . . . it was "invented" in America. You can eat the light golden crust as well as the creamy inside—and with onions it makes a sandwich any man would go for.

You will need:

sweet onions
olive oil
red wine vinegar
Liederkranz cheese
various dark breads

Slice 6 sweet onions (red Italian onions are prettiest but any good mild onion will do). Cover with 1 cup olive oil, ¼ cup red wine vinegar, ¾ teaspoon salt, ½ teaspoon freshly ground black pepper. Let stand covered 1 hour.

At serving time:

Provide 6 packages of Liederkranz cheese, 1 for each person, together with a variety of dark breads such as sour rye and pumpernickel. Diners spread Liederkranz on bread of their choice, top it with a heap of marinated onion slices. Serve with beer. Hearty eating for 6.

MONTE CRISTO SANDWICH

Dipped in batter and sautéed in butter, this substantial 3-decker makes a wonderful lunchtime item—should be perfect after skiing or ice skating. Although it probably originated in San Francisco, its fame is now wide-spread.

You will need:

butter
bread
sliced chicken or turkey
cheese
egg
milk

Butter 3 slices white bread for each club sandwich (the middle slice should be buttered on both sides). Put sliced chicken or turkey between the first 2 slices, then sliced American cheese (or Swiss, Cheddar, or the West Coast's Monterey Jack); top with the third slice of bread. Dip into an egg-milk mixture made by combining 1 beaten egg with ½ cup milk and ⅛ teaspoon salt. Fry in a well-buttered heated skillet over a medium flame until golden brown; turn carefully and brown the other side. (If you're in doubt about your ability to dip or flip without slipping, use a couple of plain toothpicks to hold the bread and fillings together.)

At serving time:

Serve immediately on a heated platter or individual plates with man-size cups of steaming hot coffee.

Variations:

Monte Carlo Sandwich. Use tongue instead of turkey or chicken for the meat filling.
Monte Benito Sandwich. Trim off the crusts of the bread. Before dipping into egg-milk mixture, cut the sandwiches into 1-inch squares. Fry as above and serve as a cocktail snack.

AMERICAN PIZZA

Pizza bakers are a special breed, highly paid for their grace, speed, and skill. They stand right out in the front of the pizzeria—where passers-by can see and be tempted alternately tossing and whirling the dough into a symmetrical disc and decorating it to order, or standing aloof with folded floury arms awaiting more orders.

A complete *pizza* package has recently appeared in the stores, containing an envelope of yeast, an envelope of dry ingredients for *pizza* dough and a can of sauce—all you need is cheese, anchovies, or other garnish for an authentic pie.

Here is another quick path to a *pizza* with brown-'n-serve French loaves.

You will need:

brown-'n-serve French loaves
olive oil
canned tomatoes
Parmesan cheese
Mozzarella or Münster cheese
anchovies or meat balls
oregano
basil
marjoram or thyme

Cut unbaked brown-'n-serve French loaves in lengthwise halves. Scoop out some dough, leaving rim around the edges. Brush with olive oil. Cover with pieces of drained canned tomatoes. Put grated Parmesan cheese and sliced Mozzarella or Münster cheese over tomatoes. Put a few fillets of anchovies or sliced canned meat balls on cheese. Sprinkle with oregano, basil, and marjoram or thyme, using at least ½ teaspoon fresh or ¼ teaspoon dried

herbs to each *pizza*. Brush with more olive oil; bake 10 to 15 minutes in hot oven, 400° F.

At serving time:

Serve 1 *pizza* as a portion.

Variation:

English muffins are not too different from the traditional *pizza* dough they make a fine *pizzaiola* (like a little pie) and are so easy to come by. Be sure to tear them apart with a fork; cutting makes them heavy.

Arrange 4 split English muffins on baking sheet. On each ½ place a thin slice of cheese, 1 very well-drained tomato seasoned with salt and pepper, and 3 or 4 sardines. Dribble a little of the sardine oil on the *pizza,* add a sprinkle of thyme, basil, or chopped parsley. Place in a hot oven, 450° F., until cheese is melted.

Serve blazing hot. Makes 8 small *pizzas*—2 apiece for 4 people.

NEW ORLEANS PO' BOY

There are dozens of stories about the origin of this kind of sandwich. Most people agree that it was "invented" by a kind-hearted café keeper in the old French marketplace in New Orleans who, when asked, "Anything for a po' boy to eat?" cut a long loaf lengthwise, slapped on a variety of meats and vegetables, and cut it into chunks a foot long.

You will need:

French bread	cheese
butter	ham
salami	mustard

Cut lengthwise the longest loaf of French bread available. Butter both sides. Cover ⅓ of the bottom of the loaf with thinly sliced salami, overlapping generously; the next ⅓ with sliced cheese, the last ⅓ with thinly sliced ham. Or layers of salami, cheese, and ham can be put on

top of one another throughout the loaf. Place top of bread over filling.

At serving time:

Serve with tart mustard. The best is made by mixing 4 tablespoons dry mustard with 1 tablespoon dry white wine. 1 loaf makes 4 servings.

Variations:

New York Hero. In New York this meal-in-a loaf is attributed to thrifty housewives who cleaned out the icebox and tucked the findings in a loaf of bread sliced lengthwise, as a hearty lunch for a hard-working laborer. The name refers to their heroic proportions. Fill as you like with salami and/or prosciutto ham, Swiss cheese, bologna, black olives, pimiento, vegetable antipasto (pickled vegetables), cole slaw, relish, butter.

Hot Hero. Fill the loaf with richly sauced meat balls, pepper steak, veal scaloppine, or whatever is handy.

Philadelphia Submarine Sandwich. In Philadelphia you ask for a submarine, referring, no doubt, to the shape of the crusty loaf, at least 12 inches long. Add tomato slices and lettuce leaves to the meat-cheese filling; serve with mayonnaise to which you have added chopped chives or green onion tops.

White Plains Wedgies. Again the meat-cheese filling (each city in which this gargantuan sandwich has become popular seems to feel a need to rechristen it). Sprinkle chopped ripe olives, broiled-in-butter or pickled mushrooms on top—or add a layer of thinly sliced sweet Bermuda onion.

SOUP'S ON

WHEN SOUP is the main dish of your meal, make it hearty, make it different, make plenty. And make it a ceremony. The ritual of ladling a steaming hot, thick, and vigorous brew out of a tureen or a covered casserole into generous bowls or marmite dishes, at the table, adds immeasurably to the occasion.

However, when you plan to serve a regular meat-and-vegetable dinner, use a consommé, a bisque, or a not-too-fill-

ing cream soup with a piquant garnish to whet and abet the appetite.

INTERESTING GARNISHES FOR CANNED SOUPS

With consommé:

Grated carrot and slivered almonds
Finely shredded cabbage
Sliced canned water chestnuts
Chinese bean sprouts

With cream of tomato:

Crisply fried bread strips
Grated cheese and chopped parsley
Beaten egg white seasoned with salt and sherry

CREAM OF AVOCADO SOUP

The avocado or alligator pear has a subtly delicious flavor which lends itself to many combinations. Here we combine it with chicken broth to make a very special dish for the beginning of a special dinner.

You will need:

avocado
light cream
canned chicken broth
whipping cream
sherry

Whirl 1 avocado in your blender with 1 cup of light cream, or mash the avocado thoroughly with a fork and add the cream very gradually until the 2 are well blended. Heat with 1 can of chicken broth thoroughly.

At serving time:

Garnish with a spoonful of whipped cream flavored with a dash of sherry. You can put the soup in oven-proof bowls, garnish, and place under the broiler for just a moment to give that gilded look. 3–4 servings.

BLACK BEAN SOUP

This is the favorite soup of many people in radio and TV, as it is served in a fine little restaurant housed in the Columbia Broadcasting System building.

You will need:

condensed black bean soup
Kitchen Bouquet
sherry
egg
lemon

To 1 can condensed black bean soup add 1 can of water and 1 teaspoon of Kitchen Bouquet. Simmer for a few minutes; as you take it off the fire stir in 2 tablespoons sherry.

At serving time:

Serve from a soup tureen on which you have floated sliced hard-cooked egg and lemon slices, or pass these garnishes separately. 3 servings.

SENATOR'S BEAN SOUP

One of the most famous soups in America is the bean soup served in the Senate Restaurant in Washington, D.C. It's hearty, filling, and amazingly easy to approximate with canned soups.

You will need:

canned bean soup with pork
canned cream of celery soup
garlic
fresh parsley or dried parsley
canned ham

Heat together 2 cans condensed bean soup with pork, 1 can condensed cream of celery soup, 3 cans of water, 1 small clove crushed garlic, ¼ cup chopped fresh parsley, or 2 tablespoons dried parsley. Simmer for 5 minutes. Add 1 quartered canned ham (about 1 pound). Cook until heated through.

At serving time:

Remove ham and slice. Serve soup in beer mugs or soup plates. Pass toasted buttered soda crackers (known in New England as common crackers) or rye bread; celery and carrot sticks, yellow mustard, green onions or onion rings, and radishes. The parsley in this dish is an essential flavoring, not a garnish. 8 servings.

BOULA GRATINE

This is a soup that harks back to the lavish days of Diamond Jim Brady and Lillian Russell . . . long, long before you could get the canned green pea and green turtle soup with which we make it now.

You will need:

1 can of condensed green pea soup
1 can of green turtle soup
sherry
slightly salted whipped cream
grated Parmesan cheese (optional)

Combine 1 can of condensed green pea soup, 1 can water, with 1 can of green turtle soup, bring slowly to the boiling point, season to taste with dry sherry, using 2 or more tablespoons.

At serving time:

Pour into individual pottery bowls or into 1 large baking dish pretty enough to go to the table, top with 1 cup cream, whipped and slightly salted. Sprinkle with grated Parmesan cheese if desired. If you use individual bowls, you will find it most convenient to set them on a cooking sheet or in a broiler pan for easier handling. Place the cream-topped soup under the broiler for about a minute to brown the cream, serve immediately. 6 servings.

CALF'S HEAD SOUP

Madeira is the traditional addition to turtle soup and its more modest relative, the mock turtle . . . actually a calf's

head soup, of which there are several excellent canned varieties on the market. If you should be out of Madeira, a dry sherry will do very well.

You will need:

can condensed mock turtle soup
Madeira wine or dry sherry
chopped hard-cooked eggs
lemon or lime slices
chopped parsley or chives

To 1 can mock turtle soup, add 1 can water. Simmer a few minutes, add ¼ cup Madeira or dry sherry, extra salt, and freshly ground black pepper if necessary.

At serving time:

Pour into a heated tureen. Serve in heated soup plates and pass a small tray of garnishes which should include 2 hard-cooked eggs, chopped, lemon or lime slices, coarsely chopped parsley, and/or chives.

CHINATOWN CHICKEN EGG DROP SOUP

A wonderful company dish and far simpler to make than it appears.

You will need:

chicken bouillon cubes
cornstarch
sugar
eggs
scallions

Dissolve 6 chicken bouillon cubes in 6 cups water and heat to boiling point; mix 3 tablespoons cornstarch smoothly with 3 tablespoons cold water; add ½ teaspoon sugar, 1 teaspoon salt, and ¼ teaspoon pepper; stir slowly into the stock till smoothly blended and boiling. Reduce heat; add 2 eggs, beaten; stir slowly about 1 or 2 minutes till the eggs separate in shreds. Turn off heat.

At serving time:

Add 2 or 3 scallions, chopped, stir, and serve at once. 4 servings.

CURRIED CREAM OF CHICKEN SOUP

In summertime several famous restaurants in New York serve a soup very much like this one . . . a delicate, chilled, creamy, subtly curried delight.

You will need:

cream of chicken soup
milk
curry powder
lemon juice

Blend 1 can cream of chicken soup, 1 can of milk, 2 teaspoons curry powder, and 3 tablespoons lemon juice. Chill thoroughly, or, if you prefer it hot, simmer for 5 minutes.

At serving time:

Pass a variety of curry accompaniments, such as coarsely chopped, thinly sliced green or sweet red peppers, chutney, very thinly sliced, unpeeled tart red apple, scallions cut into ½-inch pieces, peanuts, or pistachio nuts, and . . . surprise, but quite in keeping . . . a small amount of flaky rice. 4 servings.

HOT CLAM BOUILLON

You will need:

canned clam bouillon
water or milk
celery salt
whipped cream
paprika

Heat 1 can clam bouillon with ⅓ can milk or water and several dashes celery salt.

At serving time:

Serve with spoonful whipped cream floating on top, and a dash of paprika over all.

NEW ENGLAND CLAM CHOWDER

On no point of cookery is the New Englander more set in

his ways than in the matter of what goes into chowder. Tomatoes are an anathema; milk is right. Herewith a recipe that would satisfy any Down-East cook.

You will need:

canned minced clams
fat salt pork
onion
potatoes
milk

Drain and cut 1 8-ounce can of minced clams. Brown 1 slice of fat salt pork with 1 onion sliced thin. Add 2 cups sliced raw potatoes, 1 cup boiling water, and liquor from clams; cook until potatoes are tender. Add 2 cups milk and minced clams and heat thoroughly.

At serving time:

Pass with pilot crackers.

MANHATTAN CLAM CHOWDER

New Yorkers insist on tomatoes in their clam chowder.

You will need:

Manhattan-style clam chowder
celery seed or caraway seed
parsley

To 1 can condensed Manhattan-style clam chowder add 1 can water. Simmer for 5 minutes.

At serving time:

Garnish with celery seed or caraway seed and parsley.

CORN CHOWDER

A chowder with enough "goods" in it to serve as a main dish for lunch or supper.

You will need:

fat salt pork or bacon
canned corn

onion
potatoes
milk

Cut 1½-inch cube of fat salt pork or 4 slices bacon in small pieces and fry slowly. Add 1 small sliced onion and cook about 5 minutes, stirring often to prevent burning. Cook 4 potatoes in sufficient water to cover well. Add fat and onion, 1 can (about 2 cups) cream-style corn, and 1 quart hot milk. Heat to the boiling point. Season with salt and pepper.

At serving time:

For a touch of color sprinkle with parsley or paprika and pass with your favorite chowder crackers.

CHARLESTON CRAB SOUP

A delicacy from Charleston, South Carolina, is a crab soup most delicately flavored with mace and sherry. She-crabs, because the eggs add a special savor, are more prized than he-crabs. But you could use canned or quick-frozen!

You will need:

canned condensed cream of celery soup
milk
mace
Worcestershire Sauce
eggs
crab meat (fresh, canned, or frozen)
whipping cream
paprika
sherry
fresh lemon peel

Mix 2 cans condensed cream of celery soup (or cream of mushroom, if you prefer) with 2 cans milk, ⅛ teaspoon mace, ½ teaspoon Worcestershire Sauce, the chopped whites of 4 hard-cooked eggs, 2 cups fresh crab meat and crab eggs (or canned or frozen crab meat). Heat slowly for 10 minutes; do not boil hard.

At serving time:

Crumble part of the hard-cooked yolks into each plate. Ladle soup over egg yolks. Garnish with whipped cream, slightly salted, tinted pink with a dash of paprika. Pass a

small silver pitcher of warmed sherry and a small dish of wisps of lemon peel, which each person will twist and drop into his soup. 4–6 servings.

SWEDE'S FRUIT AND WINE SOUP

To serve 2 as a first course for a summer supper.

You will need:

strained peaches or apricots-with-applesauce
sauterne or champagne
cinnamon
lemon juice or rind
mint leaves

Combine 1 tin strained peaches or apricots-with-applesauce with two cups of ice-cold sauterne or champagne. Season to taste with a dash of cinnamon and a little lemon juice or grated lemon rind.

At serving time:

Garnish with a couple of ice cubes and fresh mint leaves.

NEW ORLEANS HERB POTAGE

This lovely green soup is often served in New Orleans in garden time. Usually it's made of sorrel, lettuce, spinach, and chervil.

You will need:

canned condensed cream of chicken soup
milk or water
frozen chopped spinach
fresh chopped chervil or dried chervil
sour salt

Combine 1 can cream of chicken soup, 1 can milk or water, with 1 package frozen chopped spinach which has been thawed and heated in 1½ cups water (adding spinach water, too). Add 1 tablespoon fresh chopped chervil or 1 teaspoon dried chervil, and 1 teaspoon sour salt dissolved in a little hot water. (If you can't find sour salt at your grocer, ask any druggist for citric acid.)

If chervil is unavailable, parsley and a bit of tarragon approximate the flavor. Put soup in the blender a little at a time so that the bits of spinach practically disappear. Or beat with a rotary beater vigorously. Add a bit of green coloring to make the soup even more verdant.

At serving time:

Top with sour cream and sprinkle with fresh chervil, tarragon leaves, or chopped chives. 8 servings.

Variation:

Schav. To approximate this classic Jewish soup, garnish the potage with sour cream and quartered hard-cooked eggs, sliced cucumber, and radishes.

LENTIL SOUP

One of the most ancient and historic soups, generally supposed to be the one for which Esau gave up his heritage to brother Jacob. Now lentil soup is available canned—thick, substantial —with the beans unmashed, like home folks do it, and a fine, rich, smoky flavor.

You can dilute this with water or milk but the milk gives an odd color. Instead try mixing it with 1 can of condensed consommé; simmer for 5 minutes. You can heat ½-inch slices of frankfurters with the soup to make a main course dish for lunch.

BOOTH BAY LOBSTER STEW

This delectable dish was the talk of the rocking-chair set in the days of the family summer boardinghouses that freckled the coast of Maine—served twice weekly "by popular demand." For most of us the large families, the two-month vacations, and the boardinghouses themselves have vanished, but lobster is fortunately more widely available than ever, and cooked shelled South African rock lobster tails come neatly curled in a can, ready for the finishing touches.

You will need:

butter milk

onion flakes
celery
green pepper
canned lobster tails
white wine
paprika
parsley

Melt 4 tablespoons butter, add 1 teaspon dried onion flakes, ½ cup diced celery, and 2 tablespoons minced green pepper, and cook for 2 minutes over low heat. Add ½ cup water, cover and cook 5 minutes longer. Add flaked lobster and liquid from a 6½-ounce can and heat thoroughly. Add 2 cups hot milk and 2 cups white wine; season to taste with salt and paprika.

At serving time:

Garnish with minced parsley and serve with hot pilot crackers or croutons. Makes 4 bowls full.

Variations:

Temperance Lobster Stew. Omit white wine and increase hot milk to 4 cups (1 quart).

Rockland Lobster Stew. Rockland, Maine, is the capital of the lobster kingdom. For year-in, year-out good eating, the people of Rockland would vote for this "no-nonsense" lobster stew.

Melt ¼ pound (1 stick) of butter in a heavy skillet. Turn contents of 2 drained cans of lobster tails (6½ ounces each) into the pan and cook over a low flame for 4 minutes. Add 1 quart of milk, turn heat lower if possible, and cook about 12 minutes longer (stirring constantly) or until milk *almost* boils. Add ¼ teaspoon salt and a dash of pepper.

JELLIED MADRILÈNE

There is nothing better for a jaded appetite when the thermometer hits 90° in the shade than a can of consommé madrilène chilled for several hours in the refrigerator. Open and pile into cold, cold bouillon cups. Garnish with slices of lemon or lime and chopped parsley or chives. For a special dinner use chilled orange shells for bouillon cups.

CRAB BISQUE

A combination of pea soup and tomato soup has become one of the classics of our canned foods era This crab bisque has a novel note. You may use canned shrimp or lobster instead of crab.

You will need:

1 cup flaked cooked crab meat (canned or quick-frozen)
condensed pea soup — condensed tomato soup
milk and/or white wine — heavy cream
curry powder — lemon

Combine 1 can pea soup, 1 can tomato soup, 2 cans milk or 1 can milk and 1 can white wine, ½ teaspoon curry powder. Add 1 cup flaked cooked crab meat, heat slowly to boiling point, simmer a few minutes to "marry" the flavors Instead of white wine, milk and 4 tablespoons of dry sherry could be substituted.

At serving time:

Just before serving, stir in ½ cup heavy cream. Ladle into heated soup plates and garnish each plateful with a slice of lemon and a sprinkle of grated lemon rind. 4–6 servings.

ONION SOUP

There are several fine onion soups on the market, canned and dehydrated. But, comes the day the packaged soup is not on your shelf, here's another short cut to the same delicious end.

You will need:

onions — toast or French bread
butter — cheese
consommé

Slice 2 onions and slowly brown in 2 tablespoons butter till soft and golden. Add 1 can of consommé and 1 can of water. Simmer for 20 minutes or longer.

At serving time:

Ladle onion soup over toast rounds or French bread and sprinkle with Parmesan-type grated cheese.

Variation:

Onion Soup with Sherry. As you remove the soup from the stove stir in a couple of tablespoons of sherry . . . or you can pass the decanter and let each person add his own wine. Claret or Burgundy will do just as well.

GRAND CENTRAL OYSTER STEW

Halfway between the upper and lower levels of New York Central's great Manhattan terminal is the Oyster Bar, beloved by commuters and long-distance travelers alike. Perhaps their most famous dish is oyster stew—1 recipe with 3 variations: milk, half-and-half, or all cream. Even without fresh oysters you can make a fine approximation.

You will need:

butter
quick-frozen or canned oysters
Worcestershire Sauce
paprika
milk

Melt 1 tablespoon butter in a saucepan over a hot fire, but do not brown. Pour in 1 can oysters with their liquor or use 1 package quick-frozen oysters, thawed just enough to separate. Add a few dashes Worcestershire, black pepper, and paprika, ¼ teaspoon salt. Cook until the oysters begin to curl up around the edges. As soon as the liquor shows signs of boiling, add 3 cups rich milk. Heat well but don't let milk boil.

At serving time:

Serve in a deep bowl with a teaspoon of butter swimming on top and another touch of paprika over all. Pass the oyster crackers. Makes 2 or 3 large bowls.

GREEN PEA SOUP WITH CHAMPAGNE

This elegant soup is Swedish in inspiration.

You will need:

condensed cream of green pea soup
condensed cream of chicken soup
milk or water
fresh or frozen green peas
champagne
cream
fresh tarragon, fennel, or mint

Blend 1 can condensed cream of green pea soup (be sure to ask for *green pea*, not *split pea)* and 1 can condensed cream of chicken, 2 cans milk or water. Heat just to boiling along with ½ cup fresh or quick-frozen green peas. As soon as the soup is heated the peas will have been cooked enough. You want them to taste firm and garden fresh.

At serving time:

At the table add ½ cup of champagne to the hot soup; stir and serve each plateful garnished with a fluff of lightly whipped and salted cream, and a light scatter of fresh tarragon, fennel, or mint. Provide something crisp to act as foil to the creamy delicacy. Breadsticks would be fine, and cold breast of chicken cut into julienne strips. 6 servings.

GREEN PEA SOUP WITH SAGE MEAT PATTIES

Ever have dehydrated green pea soup garnished with miniature sage-scented hamburgers the size of a half-dollar? It's a terrific combination.

You will need:

chopped beef or canned meat balls
sage
dehydrated green pea soup

To ½ pound of well-chilled chopped beef, add ¼ tea-

spoon powdered sage; do not handle too much. Brown the tiny patties well. Meanwhile prepare and heat dehydrated green pea soup according to package directions. Drop 2 or 3 miniature patties into each bowl of heated soup.

Or you can cut canned meat balls into small chunks or slices and merely sprinkle a bit of sage into the soup.

At serving time:

Serve this on a cold February day. It will take the edge off the bitterest winds of winter. And it's a fine use for 2 or 3 left-over meat balls or a lone hamburger. 2–3 servings.

PEPPER POT SOUP WITH MEAT DUMPLINGS

Until a generation or two ago, Philadelphia streets were enlivened by women soup peddlers, carrying braziers and crying their wares. Their chant went as follows:

"Peppery-pot
Pep-per-eee pot
Make your back strong
Make you live long
Pep-peree pot."

This sturdy meal in-a-bowl is still a Philadelphia specialty, found on the menu of every restaurant from the Automat to the Bellevue-Stratford. As was traditional in olden times, we make it even more substantial with dumplings.

You will need:

prepared biscuit mix
milk
canned strained veal
canned condensed pepper pot soup

To 1 cup prepared biscuit mix add ⅜ cup milk. Mix with a fork, add 1 can strained veal (baby food). Blend well. Dilute 1 can pepper pot soup with 1 can water. Bring to a boil. Drop dumpling mixture by spoonfuls into the hot soup and simmer for 10 minutes with pot uncovered, and another 10 minutes covered.

At serving time:

Serve from tureen or spoon dumplings into large soup plates, cover with the pepper pot soup, and bring to the table. 4 servings.

BROWN POTATO SOUP

Such a new-fashioned way to make such an old-fashioned soup.

You will need:

dehydrated onion soup
frozen mashed potatoes
thin cream or evaporated milk

To 1 package of dehydrated onion soup add the amount of water called for on the package, and 1 package quick-frozen mashed potatoes (it need not be thawed). Bring to boil and simmer slowly 20 minutes, stirring occasionally.

At serving time:

Stir in 1 cup thin cream or evaporated milk. 6 generous servings.

VIRGIN ISLANDS PUMPKIN SOUP

All over the Caribbean, and especially in Haiti, Jamaica, and the Virgin Islands, you will come upon delicious pumpkin soup, not creamy as the French would have it, but made with a rich and spicy stock. Use quick-frozen squash —it's actually pumpkin, even to a fussy botanist.

You will need:

frozen squash
canned gumbo Creole
canned consommé
thyme
Worcestershire Sauce
tomatoes

Cover 1 package quick-frozen cooked squash with 1½ cups water, 1 can gumbo Creole, 1 can condensed con-

sommé. Heat till the squash is completely thawed and and the soup is bubbling hot. Season with ¼ to ½ teaspoon powdered thyme, 1 tablespoon Worcestershire Sauce.

At serving time:

Garnish with quartered fresh tomatoes. Pass coarsely cut parsley (Italian parsley is particularly good), sprigs of fresh thyme, small squares of bread which have been delicately browned in butter, and, ah yes! nasturtiums—flowers and tender young leaves and stems—to add their delicate cresslike flavor. 6 servings.

SCOTCH-IRISH BROTH

Combine 1 can each condensed Scotch broth and vegetable soup with 2 cans of water. Simmer slowly 3 to 5 minutes—crumble Ritz Crackers over the top. 6 servings.

PORTUGUESE TOMATO SOUP

A thick slice of fresh tomato or a whole canned tomato makes an interesting garnish for canned tomato soup.

You will need:

medium-sized tomatoes (fresh or canned)
cans condensed tomato or cream of tomato soup
butter
dried basil or basil leaves
parsley or chives

Cut a firm medium-sized tomato in half, or use small canned tomatoes or halves of large canned tomatoes. Drain and brown ever so slightly in a little butter. Meanwhile, heat 1 can condensed tomato or cream of tomato soup with 1 can water and ¼ teaspoon dried basil or ¾ teaspoon fresh chopped basil leaves.

At serving time:

Place the tomato in a heated soup plate or bowl and

ladle the hot soup over the tomato. Sprinkle with chopped, fresh basil, parsley, or chives.

TOMATO CLAM BOUILLON

Heat equal parts of clam juice and seasoned tomato juice. To make this extraspecial, top with a spoonful of salted whipped cream.

TOMATO AND SAUERKRAUT SOUP

A super meal in a soup, slightly Polish in flavor, may *sound* a touch odd! But take our word for it -this is dramatic and very filling. Served with heated rye bread and a hearty dessert, like apple brown Betty or pie, this makes a fine meal for a cold night.

You will need:

sauerkraut
tomato juice
bay leaves
boiled new potatoes
cocktail sausages
sour cream

Simmer 1 can each of sauerkraut and tomato juice, with 2 bay leaves, salt, and pepper to taste, for 15 minutes.

At serving time:

Serve in deep soup bowls with new potatoes and broiled cocktail sausages, a big spoonful of thick sour cream on top.

FROSTED BISQUE UNITED STATES

Frothed like a sillabub, lavishly herb-flecked, this Frosted Bisque United States can provide the focal point for an inspired meal at summer dusk or a luncheon underneath the trees.

You will need:

canned cream of tomato
green pepper

soup
milk
tarragon vinegar
juice from canned beets
Tabasco Sauce
cucumber
herbs for garnishing

Combine a can of cream of tomato soup, chilled, 1 can (1⅓ cups) milk, 2 tablespoons tarragon vinegar, 1 cup juice from canned beets, dash of salt, pepper, 3 or 4 drops Tabasco Sauce. Blend 1 minute. Add 1 unpeeled cucumber, 1 green pepper, cut in pieces. Blend 15 seconds in your electric blender or with a rotary beater.

At serving time:

Serve in well-chilled plates. Sprinkle generously with finely minced parsley, chives, or chopped onion tops, celery leaves, dill, or fennel. 6—8 servings.

T

is for your Table. Make it pretty. Keep it gay. It's fine to have the world's loveliest damask, Spode, and sterling, but you don't need them to create beautiful settings for your meals. If you use a centerpiece, select any lovely object, as long as it's low. It needn't always be flowers. Greens, seashells, favorite figurines will do.

Use wipeable place mats and paper napkins for informal parties, but for your husband try to have real cloth napkins. Once in a while drape your table to the floor; it's very elegant. Use candles whenever the light is dim, but be sure the flame is above eye level, otherwise the man in your life won't be able to see you.

U

is for Utensils. When your cooking facilities are strictly limited you can't afford house room for any but the best quality of pots and pans. A pressure cooker may be the answer to your 6 o'clock blues. An electric waffle iron or a combination table grill, toaster, and coffee maker will make it possible for you to cook and enjoy your parties at one and the same time. One thing to remember when you cook at the table: Have *everything* at hand, otherwise the process ends up as a hop-skip-and-jump marathon from table to kitchen.

V

is for Vitamins, about which there are volumes. We could get complex on this topic but we won't, since, as luck will have it, three good satisfying, tempting meals per day usually turn out to provide the necessary vitamins. A vitamins are most abundant in foods gold and green, like carrots and parsley and watercress . . . that the highly important B vitamins, a largish clan, occur in meats, cheese, milk, and eggs . . . that vitamin C abounds in all good citrus, as well as in cabbage, tomatoes, and cranberry. High-quality canned and quick-frozen foods have just as much vitamin value as fresh, sometimes more.

VEGETABLES: NEW WAYS—OLD CHARM

HOW TO COOK VEGETABLES

THE SECRET of correct deportment vegetable-wise is based on 2 simple principles: keep the fresh garden color and flavor; and hold those vitamins.

Vitamins, dear bride, will attempt to evade you in more ways than one—by disappearing into thin air, by drowning themselves in cooking water, or by boiling away in a cloud of steam.

To prevent escape by air, select freshest possible vegetables; keep in a cool place, preferably the refrigerator. Do not thaw frozen vegetables (except corn on the cob) before cooking. Cook in a tightly covered pan; if you have no cover, use a pie pan for a lid and do not stir.

To prevent escape by water, use little or no water. If you use an electric range, place 2 tablespoons butter, margarine, or salad oil in the pan instead of water; with frozen vegetables, put 2 tablespoons water in the pan, then add the cooking fat.

To prevent escape by heat, start foods on quick heat until steam comes up, then turn down heat and *simmer* until done. If you cultivate the habit of cooking vegetables until

they are just the other side of raw, the flavor will be fresher, more vitamins will be saved.

Quick frozen vegetables are the freshest vegetables you can buy, and the finest. The big processors of frozen vegetables supervise every step, from choosing the varieties to be grown and proper nourishment of the soil to insure adequate mineral content, to assembly-line picking and freezing which takes the vegetable from plant to package in less than 2 hours. You don't have to boil water in advance to cook them, either; just place the quick-frozen block in a small amount of water over a medium flame, uncovered. When thawed through, the water will be boiling. If time is of the essence, turn the block over occasionally and poke gently with a fork to separate pieces without tearing any of them. When water boils, cover and simmer until tender, usually a little less than the time recommended on the package.

Canned vegetables have improved greatly in vitamin-keeping qualities too. There's a right and a wrong way to heat them—here's the last word:

Drain off liquor into pan.
Boil down until half gone.
Add vegetable, heat.
Add seasonings, 1 tablespoon butter, thick sweet cream, or sour cream.
Serve at once.

ASPARAGUS WITH EGGS

At a luncheon in Minnesota you might run into this excellent dish, brought over from Sweden by early settlers.

You will need:

hot cooked asparagus
eggs
butter

Cook as many eggs as you have servings of asparagus, for 6 minutes in gently boiling water. Shell and cut in half lengthwise.

At serving time:

Serve 2 halves on a plate with the asparagus. Each person mashes his own egg, adds salt and pepper and butter.

HERBED BAKED BEAN CASSEROLE

Canned baked beans become a thing of enchantment with a touch of the right herb.

You will need:

dried basil, marjoram, or rosemary
canned baked beans
parsley

Heat a can of baked beans mixed with ¼ teaspoon dried basil, marjoram, or rosemary, in the oven.

At serving time:

Sprinkle casserole thickly with fresh chopped parsley—so much that you don't see the beans. The effect is alluring to the eye as well as the taste. Bring to the table in the same dish. 4 servings.

Variation:

Delaware Brown Beans. Add 4 tablespoons cider vingear to 1 can baked beans and heat thoroughly. Serve with meat balls, small, round, and seasoned with a dash of nutmeg.

COWPUNCHER BEANS

A satisfying dish whether you belong to the chuck-wagon or the station-wagon set.

You will need:

bacon
onion
canned pork and beans
prepared mustard
chili sauce

Cut 2 slices bacon into 1-inch pieces and cook until

crisp; remove and add 1 small chopped onion, cooking until tender. Add 1 1-pound can pork and beans, ½ teaspoon prepared mustard, 2 tablespoons chili sauce and bacon; mix well. Put into greased casserole and bake uncovered in moderate oven, 350° F., about 30 minutes to blend flavors.

At serving time:

Bring casserole to table. 4 servings.

TRUNK BAY BEANS AND OKRA

The inspiration for this dish comes from the Virgin Islands, one of the newer territories to become a part of our country.

You will need:

canned baked beans
canned tomatoes
canned or quick-frozen okra

Mix together 1 can baked beans, 1 large can tomatoes, and 1 cup drained sliced cooked okra. Brown gently in a casserole in the oven.

At serving time:

Serve with hot corn bread and cole slaw. 4–6 servings.

BEETS JULIENNE WITH NUTMEG

This unusual seasoning idea probably crossed the Atlantic with one of the Peters—Minuit or Stuyvesant -certainly it was known to the Fraus of New Amsterdam.

You will need:

canned shredded beets
butter
nutmeg

Heat a can of shredded beets and drain. Toss with 2 tablespoons butter and a little flurry of nutmeg.

At serving time:

Beets spike the plate with color—a particularly effective contrast next to the snowy white of mashed potatoes and such. 4 servings.

Variation:

Buttered Beets with Chives. Heat whole, canned beets. Toss lightly with 2 tablespoons melted butter, salt and pepper to taste, and 1 tablespoon chopped chives.

BROCCOLI WITH ALMONDS

A simple but dressy way with broocoli. No trouble now that you can buy canned diced and buttered almonds.

You will need:

frozen broccoli
almonds
butter
lemon juice

Cook 1 package frozen broccoli according to package directions. Meanwhile, brown ¼ cup finely shredded almonds lightly in 3 tablespoons butter.

At serving time:

Add 1 teaspoon lemon juice to butter and almonds and sprinkle this mixture over hot, drained broccoli. 3 servings.

Variation:

Broccoli with Sour Cream. Serve chilled broccoli with a bowl of sour cream and a pepper mill handy. Each guest will top his own portion with the cream and pepper to taste.

BROCCOLI WITH EGGS AU GRATIN

A vegetable entree that's perfect for luncheon, and may also be made with asparagus or spinach.

You will need:

frozen broccoli
butter
eggs
Italian-style cheese
Worcestershire Sauce
paprika

Cook 1 package frozen broccoli according to directions. Drain and arrange in shallow buttered baking dish or 4 individual oven-proof dishes. Break 4 raw eggs over the broccoli, sprinkle with ½ cup grated Italian-style cheese such as Parmesan and a few drops Worcestershire Sauce. Set in a moderate oven, 325° F., until eggs are set (watch closely).

At serving time:

Garnish with a dash of paprika. 4 servings.

SPROUTS WITH WHITE GRAPES

A surprising and beautiful company vegetable from the white wine country in upper New York State.

You will need:

frozen Brussels sprouts
seedless white grapes
butter

Cook 1 package frozen Brussels sprouts according to directions and drain. Add ½ cup tiny, seedless white grapes, fresh or canned.

At serving time:

Pour on 1 tablespoon melted butter. 4 servings.

MODERN COLCANNON

The Irish used mashed potatoes in their Colcannon; this version uses boiled potatoes combined with shredded cabbage cooked the modern way.

You will need:

potatoes
cabbage
bacon or salt pork

Boil 8 small scrubbed potatoes in their jackets. Shred a head of cabbage cole-slaw-fine and cook in very little salted water 8 to 9 minutes. Meanwhile fry 4 strips of bacon or salt pork until crisp. Drain cabbage, pile it on a hot plate, and add a dash of pepper. Arrange bacon or salt pork strips over the mound. Set potatoes around.

At serving time:

Pass rye bread and sliced tomatoes. For dessert, consider warmed apple pie. If you use a small head of cabbage, this makes 4 servings.

OLD-FASHIONED QUARTERED CABBAGE

When you're planning a New England boiled dinner, this style of cabbage is a must.

You will need:

cabbage
parsley
butter
lemon juice

Cut cabbage into quarters and cook 12 to 20 minutes in a small amount of boiling, salted and peppered water until soft. Drain, sprinkle with parsley, and pour on melted butter; season with a few drops of lemon juice.

At serving time:

Place on a platter with corned beef in the center and carrots, onions, and new boiled potatoes interspersed. A small head of cabbage makes 4 servings.

CANDIED CARROTS

Carrots deserve a life of their own, unmated with peas. Give them a glamorous touch and you'll soon be featuring them often at your table.

You will need:

butter or margarine
brown sugar
cooked or canned carrots
mint (optional)

Melt 4 tablespoons butter or margarine in a heavy skillet. Add 4 tablespoons brown sugar and stir until melted. Add 4 cooked or canned drained carrots (sliced, halved, or quartered) and cook very gently until carrots take on a beautiful brown glaze, about 5 minutes.

At serving time:

For that added touch, sprinkle 1 teaspoon chopped fresh or dried mint leaves. 4 servings.

CARROTS IN CONSOMMÉ

Try cooking carrots in beef stock or consommé instead of water.

You will need:

carrots
beef stock or consommé
prepared mustard
parsley

Cook 2 cups diced carrots in 1 cup consommé (or you can dissolve a bouillon cube in 1 cup boiling water).

At serving time:

Season each portion with a teaspoon of prepared mustard and a bit of fresh parsley. 4 servings.

CAULIFLOWER WITH WALNUTS CALIFORNIA

You will need:

frozen cauliflower
condensed cream of mushroom soup
bread crumbs
walnut halves

Cook 1 package frozen cauliflower according to directions. Set cooked cauliflower in baking dish and pour over it 1 can condensed cream of mushroom soup which has been diluted with ¼ cup water. Sprinkle with bread crumbs, decorate with California walnut halves, and bake in a moderate oven, 350° F., until crumbs are brown.

At serving time:

Bring to the table in its own baking dish. 4 servings.

SAUTEED CHESTNUTS

Since cooked chestnuts are now easily procured in jars, many dishes long denied the hurried cook because of the trouble of shelling the nuts are now quick and easy.

You will need:

canned cooked chestnuts
butter or margarine
powdered allspice

Drain canned cooked chestnuts. For each cup of chestnuts melt in a frying pan 3 tablespoons butter or margarine. Gently brown chestnuts. Season with a few grains of powdered allspice.

At serving time:

Serve as a garnish for roast chicken, duck, or turkey, or as a vegetable. 1 cup makes 3 servings.

QUICK CHILI WITH POLENTA

Polenta is an Italian-style corn meal mush. Team Mexico with Italy and you have a fine American combination.

You will need:

canned baked beans
quick-cooking corn meal

canned tomato sauce cheese
chili powder

To 1 can baked beans (with tomato sauce) add 1 teaspoon chili powder and heat. Meanwhile slowly add 1 cup cold water to 1 cup corn meal, stir into 3 cups boiling salted water. Cover and cook 10 minutes.

At serving time:

Stir 1 cup tomato sauce and ½ cup grated cheese into the corn meal mixture and heat thoroughly. Place by spoonfuls on a heated platter in a ring around the chili. 6 servings.

MARYLAND CORN FRITTERS

These are deep-fried puffy fritters almost like doughnuts—traditional with Chicken Maryland and Virginia ham.

You will need:

canned corn self-rising cake flour
eggs

To 1 can corn add ½ teaspoon salt, ¼ teaspoon black pepper, 2 well-beaten eggs, and 1¼ cups self-rising cake flour, which contains baking powder. Stir lightly. Drop by tablespoonfuls into deep fat, 370° F., and fry until delicate brown. Drain on paper towels. Do not cover and they'll stay crisp. Keep warm in oven.

At serving time:

Serve with maple or other syrup for breakfast, or with meats at any meal. Makes about 24 fritters.

TEXAS CORN AND PEPPER CUPS

The old recipes called for green pepper and pimiento along with corn. Now you can buy all 3 in 1 can—labeled Mexican-style.

You will need:

sugar
milk
Mexican-style corn
bread crumbs
butter

Add 2 tablespoons sugar, 1 teaspoon salt, ⅛ teaspoon pepper, ½ cup milk to 2 cups canned Mexican-style corn. Fill 4 greased ramekins or custard cups ⅓ full, sprinkle with layer of fine bread crumbs, then another layer of corn mixture, continuing until dishes are filled, with crumbs on top. Dot over each ramekin with 1 teaspoon butter. Bake 30 minutes at 400° F.

At serving time:

These are brought bubbling hot to the table in their baking dishes. Makes 4–6 servings, depending on size of dishes.

VIRGINIA CORN PUDDING

This uses cream-style corn in a rich, custardlike dish.

You will need:

cream-style corn
egg
sugar
butter
milk

Combine 1 cup cream-style corn, 1 egg slightly beaten, ½ teaspoon sugar, 1 tablespoon melted butter, 1 cup milk, ½ teaspoon salt, and a dash of pepper. Pour into a pint-size buttered baking dish and bake in a slow oven, 325° F., until firm, or about 45 minutes.

At serving time:

Serve from its casserole. There's nothing finer as a vegetable for a buffet supper. 3 servings.

FROZEN CORN ROAST

Though it is not one of the best of the quick-frozen

vegetables in my opinion, frozen corn on the cob takes a tremendous spurt in sales as the real roasting-ear season approaches, probably because people get corn-hungry. This is a very fine recipe—recalls the flavor of roasting ears denuded in part of their husks and thrown into the ashes to bake.

You will need:

frozen corn on the cob
melted butter

Thaw corn on the cob thoroughly before cooking, or cob will remain icy. Brush with melted butter, sprinkle lightly with salt, and broil about 3 minutes on each side.

At serving time:

Serve with more butter. Pass the pepper grinder. Provide 1 (or 2 or 3) roasting ears per person.

PENNSYLVANIA DUTCH SWEET-SOUR BEANS

Lancaster County in eastern Pennsylvania is equally famous for its rich farmlands, the most productive in the United States, and for its dinner tables heaped high with food. Pennsylvania Dutch cookery emphasizes the plainer foods with a regional twist to the flavorings.

You will need:

bacon
onion
canned green or waxed beans
sugar
vinegar

Cut 2 bacon slices in ½-inch pieces. Brown lightly with 1 small diced onion. Add liquid drained from beans and cook down to about ½ cup. Add beans from 1 No. 303 can, 2 teaspoons sugar, ¼ cup vinegar, and salt and pepper to taste. Heat.

At serving time:

This makes a wonderful taste contrast served with fresh roast pork, chops, or spareribs. 4 servings.

FRESNO BEANS

Here is a dish such as Saroyan might have described in his tales of the Armenians who settled along the California coast.

You will need:

olive oil
garlic
onions
frozen green beans
canned tomatoes
eggplant
tart French dressing

In 3 tablespoons olive oil fry 1 or 2 cloves crushed garlic and 6 onions which have been sliced and pulled into rings, turning them until they are lightly browned. Add 1 package frozen green beans, 1 No. 2½ can tomatoes (about 3 cups), and 1 medium size eggplant, unpeeled if young, and cut in ½-inch cubes. Cover and let simmer ½ hour over a slow flame; uncover to dry it out a little and cook about 5 minutes. Turn into a bowl, chill thoroughly, and add ½ cup tart French dressing.

At serving time:

Serve with lamb. 6 servings.

CAROLINA HOMINY IN CREAM WITH SHERRY

It's a grand old Southern custom—"big hominy" in cream with sherry. They used to serve it for breakfast—often with shrimps.

You will need:

canned cooked hominy
cream
sherry

Heat 1 can cooked hominy in its own liquor; drain. Add

1 cup cream, salt and pepper to taste, and 2 tablespoons sherry.

At serving time:

Serve in place of potatoes. 6 servings.

SOUTHERN CALIFORNIA LIMA BEANS

There's more than a hint of the Spanish influence in these peppery beans.

You will need:

onion
bacon drippings
cayenne pepper
tomato paste
canned lima beans
cheese

Cook 1 finely cut small onion in 1 tablespoon bacon drippings until soft. Add ⅛ teaspoon cayenne pepper (hot! be careful), 1 can tomato sauce or paste, and cook 3 minutes, stirring Add 1 can drained Lima beans, salt to taste,. and heat slowly to boiling point.

At serving time:

Serve hot with grated cheese. 4 servings.

MUSHROOM GOULASH

For a main-course vegetable dish.

You will need:

onions
shortening
canned whole mushrooms
sweet Hungarian paprika
sour cream
green pepper

Fry 2 chopped onions in tablespoon shortening. Add 2 4-ounce cans small mushrooms. with liquid. Season with salt and pepper to taste. and 1 tablespoon sweet Hungarian paprika. Cover and cook gently till broth is almost all cooked away.

At serving time:

Add 2 tablespoons sour cream. Decorate with thin circles of raw green pepper. 2–3 servings.

MUSHROOMS SABINE FOR CALORIE COUNTERS

Gather round, ye calorie counters, for mushrooms are one of the very few fine edibles with a calorie count that's really low. Even broiled in-butter canned mushrooms have an insignificant number of calories.

You will need:

onion soup
canned mushrooms
grated cheese

Make up a jar of onion soup, using only ½ the usual amount of water. Add a 6 ounce can mushrooms with liquid, stir in ½ cup grated Parmesan, Swiss, or Gruyère cheese. Cook and stir over low heat until cheese is melted and sauce thickens.

At serving time:

Serve in a ring of rice or over toast made from starch-reduced bread. 4 servings.

FRENCH-FRIED ONIONS

These come both canned and fozen, and give you a maximum of eating pleasure with a minimum of work. They make a wonderful cocktail snack, are perfect with steaks and hamburgers, and add zest to liverwurst sandwiches and salami.

You will need:

canned or quick-frozen French-fried onion rings

If you are using the canned variety, heat for only ½ minute in a hot oven, 450° F., or you can shake them in a saucepan or skillet over a low flame until heated. For

the frozen onion rings follow directions on the package.

At serving time:

Serve with rye bread and beer. 3–4 servings.

THANKSGIVING ONIONS, CREAMED WITH CELERY

No longer is it necessary to weep copiously, for the advent of canned onions has banished one more cause for tears.

You will need:

canned silver-skin onions
condensed cream of celery soup
parsley

Using a low flame, heat 1 can silver-skin onions with ½ cup of the liquid in which they were canned and 1 can condensed cream of celery soup. Do not boil.

At serving time:

Garnish with chopped fresh parsley. 4 servings.

Variation:

Scalloped Onions. Place creamed onions with celery into a buttered baking dish, sprinkle with buttered cracker crumbs and grated cheese, and set in a moderate oven, 350° F., till gently browned.

HEARTS OF PALM À LA KING

Once this dish could be had only in Florida land of the royal palm. Now the heart of the royal palm tree is available canned at many specialty shops and even supermarkets.

You will need:

canned hearts of palm
cream or sherry

canned or quick-frozen chicken à la king
Parmesan cheese

Heat and drain a No. 2 can of hearts of palm Arrange in a shallow buttered baking dish. Heat canned or quick-frozen chicken à la king. Add 2 tablespoons thick cream or pale dry sherry. Stir. Pour over hearts of palm. Sprinkle with grated Parmesan cheese. Set in the oven or under the broiler until hot and delicately browned.

At serving time:

Delicious with rice or spoon bread made from corn meal or hominy grits. 4–6 servings.

HOPPING JOHN

Although it's an old Southern custom, you needn't go further than South Ferry to encounter the widespread conviction that one must eat black-eyed peas for luck on New Year's Day. In some sections this dish is known as Hopping John because, according to Sheila Hibben, the children were formerly required to hop once around the table before partaking of the peas. Why this was so nobody tells, but it was generally agreed in long-ago days down South that you would have as many dollars in the year as you could eat peas on New Year's Day. You no longer have to soak the peas overnight, to drain and boil. Now you find them ready-cooked in cans and quick-frozen.

You will need:

precooked rice
canned or frozen black-eyed peas
bacon
cayenne pepper or Tabasco Sauce
parsley

Boil up a small package, 1⅓ cups, precooked rice according to package directions. Heat separately 1 package quick-frozen or 2 cups canned black-eyed peas. (Or substitute red kidney beans.) Add 4 slices crisp fried bacon crumbled into bits, along with bacon fat from the frying. Season with salt if needed, freshly ground

black pepper, and a very little cayenne pepper or Tabasco. This makes a fairly dry Hopping John. (If you like more liquid, add milk, tomato juice, or the bean water.) Add drained cooked rice. Heat for 2 minutes. Cover and let stand for at least 10 minutes so that the rice absorbs all the flavors.

At serving time:

Garnish the dish with bacon strips and chopped parsley. As a foil for the starch, serve sliced tomatoes and spring onions or Bermuda onion rings with a dressing of vinegar or a tart French dressing. 6 servings.

BUTTERED PEAS WITH CHINESE BEAN SPROUTS

This could be titled: what to do with 1 package of frozen peas when unexpected guests arrive.

You will need:

frozen peas
canned bean sprouts
butter

Cook 1 package frozen peas according to directions. Add bean sprouts, heat, and drain. Toss both together in 3 tablespoons butter in frying pan.

At serving time:

Heave a sigh of relief: it makes 6 servings.

MILWAUKEE BAKED POTATOES WITH SOUR CREAM

This recipe is very like those used in Poland.

You will need:

potatoes
onion
butter
cheese
bread crumbs
sour cream
eggs

Boil, peel, and slice 4 or 5 large potatoes and combine with a large onion, chopped and golden-browned in butter. Put in a buttered baking dish and season with salt and freshly ground black pepper. Sprinkle with 6 tablespoons grated cheese and about 4 tablespoons bread crumbs, dot with bits of butter, and pour over the whole thing a cup of sour cream mixed with 2 lightly beaten eggs. Brown in a moderate oven, 350° F., for 30 minutes.

At serving time:

Delicious with meat loaf, veal cutlets, or grilled liver. 4–5 servings.

TWICE-BAKED POTATOES WITH MEAT

If you have a premonition that dinner may be kept waiting, plan on stuffed, rather than plain, baked potatoes.

You will need:

potatoes
butter
milk
canned minced meat or pâté

Cut a slice from the top of each potato after it has been baked and scoop out the insides. Don't break the skins. For each potato add 1 teaspoon butter, 1 tablespoon hot milk, salt and pepper to taste. Add 1 3½-ounce can minced or chopped baby meat or 1 can minced ham *pâté*. Mash with a fork until creamy and well blended. Pile back into the shells, rounding nicely. Brush with melted butter and set in a hot oven 400° F., for 10 minutes or until lightly browned.

At serving time:

Allow 1 potato per person.

Variations:

A little grated cheese, minced chives, parsley, or onion may be added; or you can toss grated cheese over the potatoes before browning.

DELMONICO POTATOES

Canned white potatoes are particularly good when dressed up in various ways, as for instance with grated cheese and buttered crumbs.

You will need:

canned white potatoes
grated cheese
butter or margarine
bread crumbs
paprika
parsley

In a buttered shallow baking dish, place a layer of sliced cooked or canned potatoes. Sprinkle liberally with grated cheese. Dot with butter. Repeat until all potatoes are used. Top with bread crumbs. Dot with butter. Sprinkle with a little paprika and bake in a moderate oven, 350° F., until well heated and browned.

At serving time:

Garnish with parsley and serve from the baking dish. One can makes 3 servings.

FRENCH-FRIED POTATOES

You will need:

quick-frozen French-fried potatoes
fat for frying
salt

Heat fat ½ inch deep in frying pan. Add potatoes, a handful at a time, and fry until hot, about 1 minute. Drain; *don't cover.*

At serving time:

Serve very hot. Sprinkle with salt 3 servings.

HASHED BROWN POTATOES

There are delicious quick frozen hashed brown potatoes all ready to heat and serve. This is for the day you find

left-over boiled potatoes in the refrigerator—or use canned potato balls.

You will need:

boiled potatoes
bacon fat or butter
chopped onion
parsley

Cut 2 potatoes into ¼-inch bits and put into frying pan in which 2 tablespoons bacon fat or butter have been melted. Add 1 tablespoon chopped onion, ½ teaspoon salt, and ¼ teaspoon pepper. Press down into a flat cake, dot with another tablespoon fat, and cook over low flame until brown crust forms on bottom.

At serving time:

Fold over like an omelet and sprinkle with parsley. 2 servings.

Variation:

Lyonnaise Potatoes These are virtually the same as hashed brown potatoes, except that the potatoes are sliced rather than diced and are not pushed down in the pan pancake-style. You can use dried onion flakes and parsley instead of fresh: soak 2 teaspoons onion flakes and ½ teaspoon parsley in water a few minutes until soft, then use as you would fresh.

MASHED POTATOES—OLD AND NEW

One of the perfect products of the age is quick-frozen whipped potatoes. Chances are, however, that the start-from-scratch method will continue in vogue for some time to come, so here are directions for both.

You will need:

frozen or boiled potatoes
milk (optional)
butter

Frozen whipped potatoes which have not been thawed

may be heated in the top of a double boiler with 1 tablespoon butter and ½ teaspoon salt for about 25 minutes or until completely thawed and hot.

If thawed, heat potatoes in saucepan with 2 tablespoons milk, 1 tablespoon butter, and ½ teaspoon salt, stirring often, for about 10 minutes.

Boiled potatoes should be thoroughly drained, then mashed until perfectly smooth. For 3 potatoes, add 2 tablespoons hot milk, 1 tablespoon butter, and ½ teaspoon salt.

At serving time:

Beat energetically with a spoon until light and fluffy. 3 servings.

Variations:

Before the final beating add 2 tablespoons chopped pimiento, watercress, chives, or parsley.

COMPANY "MASHED"

From Saint Louis comes inspiration for a great "fancified" version of one of our heartiest dishes.

You will need:

quick-frozen mashed potatoes
pimiento
sour cream
nuts

Prepare quick frozen mashed potatoes according to package directions, adding 1 finely cut canned pimiento. Pile in a baking dish. Cover with ½ cup thick sour cream. Sprinkle with ½ cup slivered almonds, Brazil nut chips, or coarsely chopped walnuts. Set in hot oven, 425° F., or under broiler just long enough to heat and brown. If nuts are not available, coarse dry bread crumbs or crumbled breadsticks may be used instead.

At serving time:

Be sure to serve immediately while the dish is very hot and puffy. 4 servings.

POTATO PANCAKES

Maybe you wouldn't know about potato pancakes—the kind folks used to make from raw, grated potatoes, especially for Sunday morning breakfast. Somebody usually grated a knuckle along with the potatoes, but those pancakes as we knew them were well worth a knuckle. Crisp, brown beauties they were—with lacy, dark embroidery of crust around the edges, moist inside and onion-scented.

You will need:

potato pancake mix
eggs

Into 1 package potato pancake mix stir 2 eggs and 2 cups cold water. Fry on a hot griddle.

At serving time:

Serve promptly with bacon or finely chopped onions and pass the apple butter or applesauce. 4 servings.

Variation:

Crispy Potato Fritters. Mix potato pancake mix with 2 egg yolks, 1 teaspoon baking powder, and 2 cups cold water. Fold in 2 stiffly beaten whites. Drop by tablespoonfuls into deep hot fat. Cook until the fritters are gilded all over. Drain on paper towels. Drop by tiny spoonfuls and you have a most unusual cocktail party tidbit.

"OLD-FASHIONED" SCALLOPED POTATOES

These are the kind of potatoes that people dream about and remember years after with that misty look in their eyes.

You will need:

raw potatoes
onion flakes
butter or margarine
milk

Slice 4 potatoes ¼ inch thick. Put a layer of potatoes in casserole, top with 1 tablespoon onion flakes, and dot with 2 teaspoons butter; repeat—be sure that you end up with potatoes on top. Cover completely with milk. Bake in a moderate oven, 375° F., for 1 hour.

At serving time:

This dish is tolerant of broken timetables and will wait patiently until you are ready to eat it. 4 servings.

SAUERKRAUT WITH CARAWAY

We never think of using anything but canned sauerkraut.

You will need:

canned sauerkraut
caraway seed

Heat sauerkraut thoroughly.

At serving time:

Sprinkle flurry of caraway seeds over top to bring out the best that is in it. 4 servings.

ITALIAN-STYLE SPINACH

You will need:

quick-frozen spinach
garlic
olive oil
anchovies or
anchovy paste

Cook 1 package quick-frozen spinach according to directions. Drain.

At serving time:

Rub serving dish with a cut clove of garlic in the traditional salad bowl fashion and season with 2 tablespoons olive oil and a chopped anchovy or two, or a bit of anchovy paste. 3 servings.

TEXAS CREAMED SPINACH

You will need:

quick-frozen spinach
heavy cream
butter
horse-radish

Reheat 1 package drained, cooked spinach in the top of a double boiler along with ¼ cup heavy cream, 2 tablespoons butter, 1 tablespoon horse radish, 1 teaspoon salt, ⅛ teaspoon pepper.

At serving time:

This is excellent with fish 3 servings.

SUMMER SQUASH

You will need:

summer squash
butter
parsley or chives

Cut 1 pound summer squash into cubes, cook in a small amount of boiling, salted water for 15 minutes. Drain.

At serving time:

Mash or not as you choose, and season with 1 tablespoon butter, ½ teaspoon salt, a dash of pepper, and chopped parsley or chives. 2 servings.

Variation:

Summer Squash Cinnamoned. A vegetable with plenty of

lure is a gooseneck golden summer squash cut in thin slices, cooked very lightly till tender but not shapeless, and served with a sprinkle of lemon juice and a lot of cinnamon.

BAKED WINTER SQUASH

Winter or Hubbard Squash is the hard-shelled variety.

You will need:

squash
molasses or brown sugar
butter

Cut into 2-inch squares; don't peel. Remove seeds and stringy parts. Place in flat pan, sprinkle with salt and pepper, and put 1 teaspoon molasses or brown sugar and 1 teaspoon butter on each square. Bake 50 minutes or until soft in moderate oven, 350° F., keeping covered the first ½ hour.

At serving time:

Serve in the shell. 1 pound makes 2 servings.

Variation:

Squash with Nuts. Sprinkle squash with 3 tablespoons chopped Brazil nuts; any kind of squash will benefit.

STRING BEANS WITH MUSHROOMS

We call them string beans because it's the old word that covers both the green and wax varieties. Thanks to science, however, today no respectable bean would be caught going to market with a string.

You will need:

quick-frozen green beans
canned mushrooms
butter or margarine

Cook 1 package quick-frozen green beans, using as part of cooking water the liquid from a can of mushrooms.

Meanwhile, heat mushrooms in 3 tablespoons butter or margarine for 2 or 3 minutes.

At serving time:

Toss buttered mushrooms lightly with the drained beans and serve. 3 servings.

Variations:

Beans with Rarebit. In place of buttered mushrooms, top with a can of Welsh rarebit which has been heated. Serve as the main event on a vegetable plate.
Beans in Cream Reheat 1 cup cooked beans in ¼ to ½ cup cream and sprinkle with crushed corn flakes.

SYRUP-GLAZED SWEET POTATOES

You will need:

canned sweet potatoes
corn syrup
butter or margarine
oranges (optional)

Dump 4 medium-sized canned or cooked sweet potatoes into a pan along with ½ cup corn syrup (the deep brown kind) and a couple of tablespoons butter or margarine You can also add a couple of oranges, peel and all, cut into quarters Cook slowly until the potatoes are thoroughly heated. Every once in a while spoon the syrup over the potatoes.

At serving time:

Serve with roast duck or baked ham. 4 servings.

Variation:

Glazed-spiced Sweet Potatoes with Walnuts. For yams, omit oranges, and add to the sweet potatoes ½ cup cut up walnuts or blanched almonds and ¼ teaspoon cloves, nutmeg, or cinnamon, or a combination of all three spices.

SOUTH CAROLINA'S SWEET POTATO PONE

A new approach to a famous old recipe . . . an electric blender reduces preparation time to about 5 minutes. You could, however, do the job with a couple of forks wielded energetically.

You will need:

quick-frozen orange juice
canned sweet potatoes
sugar
butter or margarine
eggs
lemon rind
mace
citron

Place in blender a 4-ounce can quick-frozen orange juice, ¾ cup water, 4 canned sweet potatoes cut in small pieces, 1 cup sugar, and ½ cup melted butter or margarine. Blend 20 to 30 seconds, or until mixture is smooth. Add 6 egg yolks, rind of 1 lemon, and ¼ teaspoon mace; blend 20 seconds longer. Pour mixture in a bowl and fold in 6 egg whites beaten to a stiff froth with rotary beater (a blender won't do this). Pour mixture into lightly floured baking dish; it rises higher than in a buttered dish as the old recipe suggested. (As Jessie de Both says, "You can't climb a greased pole!")
Sprinkle top with granulated sugar and thinly chopped or diced citron, which you can buy already cut up Bake in moderate oven, 350° F., for about 40 minutes or until the top springs back when touched gently.

At serving time:

Serve from baking dish with ham, pork, or chicken, as a vegetable . . . or as a hearty dessert. 6–8 servings.

BAKED TOMATOES WITH EGGS

This is a quick-and easy dish for Sunday brunch or as a centerpiece on a vegetable plate.

You will need:

tomatoes
eggs

Scoop out the insides of medium-sized tomatoes. Break an egg into each tomato, sprinkle with salt and pepper, and set in a slow oven, 300° F., until eggs are as you like them.

At serving time:

Remember, eggs will not wait; serve immediately. Allow 1 tomato with egg per person.

BROILED TOMATOES

Either green or ripe tomatoes are very good broiled.

You will need:

tomatoes
butter or salad oil

Cut medium-sized tomatoes in halves crosswise. Sprinkle with salt and pepper, brush with melted butter or salad oil, and broil 6 to 8 minutes.

At serving time:

Makes a wonderful emergency vegetable. Allow 2 tomato halves per person.

SCALLOPED TOMATOES WITH PICKLE RELISH

You will need:

canned tomatoes
onion
sweet pickle relish
bread crumbs
butter

Combine 1 can tomatoes, ½ teaspoon salt, ¼ teaspoon pepper, ½ small onion finely chopped, and 2 tablespoons sweet pickle relish. Pour half into a buttered baking dish and spread with ½ cup buttered soft bread crumbs. Add remaining tomatoes and top with another

½ cup buttered bread crumbs. Bake in moderate oven, 375° F., for 30 minutes.

At serving time:

Bring to table in baking dish. 5 servings.

CREAMED VEGETABLES

You will need:

mixed quick-frozen vegetables
quick-frozen peas or green beans
condensed cream of chicken soup
lemon juice
nutmeg
parsley, or grated cheese and/or bread crumbs (optional)

Cook according to package directions 1 package quick-frozen mixed vegetables, 1 package quick-frozen peas or green beans Do not drain the vegetables but simply combine in a saucepan and add 1 can condsensed cream of chicken soup, 2 teaspoons lemon juice, and a few grains of nutmeg Heat thoroughly but do not boil.

At serving tmie:

Serve with a garnish of parsley on heated dishes or place mixture in a shallow buttered baking dish. Sprinkle with grated cheese and/or bread crumbs and set in the oven or under broiler just long enough to brown the top lightly. 6–8 servings.

is for Wine, than which there is no greater aid to dramatic cooking. A tablespoonful of sherry in a serving of canned black bean soup or consommé makes an incredible difference. And slip in a splotch of Burgundy when you're heating a can of baked beans. Or pour a bit of port or muscatel over canned pears or peaches.

When you roast or broil your chops, anoint them from time to time with red table wine. When you broil or bake fish, ditto, but use white table wine mixed with melted butter or oil. Then serve the rest of the bottle with dinner.

WASHING UP IS AN ART

How MANY times have you heard the wail: "I don't mind cooking, but oh, how I hate the dishes." Actually, once you have developed a system you can do the dishes so fast and so well you will take pride and joy in your efficiency.

Here is a check list of the things that make dishwashing faster and easier and far more pleasant:

A dish scraper, and/or paper towels.
A dish mop or brush.
Steel wool or some other scouring arrangement to remove burned food from baking dishes and cooking pans.
A rinsing spray attachment for the hot water faucet not absolutely necessary but nice to have.
A rubber mat to protect your best china and glassware from bumps.
A good stopper that stops the water and makes it possible for you to use the sink as a dishpan.
A big tray or tea wagon to move dishes from table to sink and then back to their putting away place.
A sink strainer to hold those little scraps of food.
Or forget everything we said and get yourself one of those wonderful automatic dishwashers.

First principle and most important: As you are preparing your meal, wash as you go and put away each pan or bowl when you have finished with it. In this way you will find that half the dishes are done and the kitchen cleared and clean before you sit down to eat.

After dinner, roll up your sleeves. Don an apron. Scrape dishes with one of those tiny rubber scrapers (or use paper towels) and stack neatly. Haphazard stacking causes crashes. Fill milk bottles or glasses with cold water, egg dishes, too.

Make a fine, high suds in a dishpan full of hot water. Use mild soap flakes or the newer soapless grease-dissolving detergents, which leave the dishes glistening clean, so that they drain dry and need no wiping. Glasses and silver, of course, should be polished a bit.

Wash glasses first, then silver, then china last the pots and pans.

Instead of a dish mop or rag, why not use the little vegetable brush the Fuller Brush man gave you? Makes dishwashing much simpler. If food sticks to the pots and pans, scour them with steel wool or other scouring pad

Sharp knives should always be washed separately as they are used, never put them in with the rest of the silverware . . . you may get some nasty cuts.

Wooden salad bowls should be rinsed or wiped clean with a cloth wrung out in clear water. Never use soap or scouring powder on them. Some connoisseurs insist that salad bowls should *never* be washed at all! Well . . .

Electric cooking equipment should not be dunked in the water or the heating units will be damaged. Wipe with a damp cloth. Dry carefully to prevent rust spots.

Egg beaters, orange squeezers, and choppers should all be rinsed and washed immediately after using then they are no problem. Left to stand, unwashed, they are.

Pyrex and pottery cooking dishes need gentle treatment. Never pour cold water into a hot dish. To loosen crusty or burned food, soak in cold water.

Thermometers used for candy should be soaked in warm water and wiped dry. Meat and frying thermometers take to warm suds, then a rinse and a gentle drying

Handle *handles* carefully Wooden and plastic handles will

not last long if you soak them. Wash such utensils quickly in hot soapy water.

CATER YOUR OWN WEDDING

WHY DO people get into a panic at the thought of preparing food for a wedding party the very same people who wouldn't quail before a cocktail party for 50 or 100, who'd think nothing (or at least not too much) about inviting a dozen couples for Sunday supper, or asking 12 people to stay to lunch. Yet, mention "wedding" and they feel they must call for a caterer or a banquet manager . . . fill the house with strange people and strange paraphernalia or submit the whole occasion to the cool impersonality of a hotel or restaurant.

Many people believe that the most charming weddings are home weddings, in your own home setting -even though it isn't pretentious. And the most enjoyable wedding food is "home food" or, shall we say, food with home touches.

Furthermore, you don't need to be a fledgling Cordon Bleu or even a cook. You don't need a lot of equipment. You don't need much in the way of a kitchen. If you can throw any kind of a party where you live, you can cater your own wedding . . . just you and/or your family, your sister, or your roommate.

As with any party, there are a few guide notes which will make life, and service, smooth and easy:

Plan your menu well ahead of time.

Make lists all kinds of lists, not only of the groceries you need, but silver, candles, linens, napkins, flowers, cigarettes, matches, plates, and glasses, even silly little things like fuel for the table lighters and powder puffs for the powder room.

Lean upon the help of the food processors and also, perhaps, upon the skills of local cake and ice cream artists.

Arrange the menu so that everything in the way of real cooking can be done at least a day ahead of time. Delegate all the last-minute responsibilities to one trusted

person . . and on your wedding day don't give the menu a single thought.

The menus we have suggested here are absolutely and entirely novice proof, so that you needn't have a moment's concern . . . and that goes for every single item. *All the recipes are written to serve 12;* you may multiply to suit yourself. And while we have presented these ideas as particularly suitable for wedding parties, you should find them most useful on many later occasions when you entertain.

Bridal Menu I:

The Buffet Elegant

Fresno Wedding Soup
Smoked Turkey—Baked Virginia Ham
Miniature Bowknot Rolls
Fruit Salad in Melon or Pineapple Bowls
Tiered Wedding Cake
Pink Champagne Punch with Flowers Frozen in Ice

Here is a meal grand enough to follow a church wedding. It could be served at any hour after noon, for it is equally appropriate as a wedding "breakfast" (which is more literally a lunch) or a supper.

FRESNO WEDDING SOUP

Interesting, unusual, and charmingly traditional is the idea of serving in small cups out of a large bowl or tureen the wedding soup of the Near East as it has been imported and adapted by Armenian-Americans.

You will need:

dehydrated chicken noodle soup
eggs
lemon juice

Cook 2 packages dehydrated chicken noodle soup according to directions. Meanwhile, beat 3 eggs well and add 6 tablespoons lemon juice. Gradually add some of

the hot broth to the egg and lemon mixture, pouring it in slowly so that it will not curdle. Turn the mixture into the remaining soup, which has been removed from the heat. This makes a lovely thickening and adds a rich, delicious flavor.

At serving time:

Garnish with watercress and serve.

SMOKED TURKEY—VIRGINIA HAM

Both of these are bought ready-cooked. If it is a large party you will want 2 of each; carve 1 and set the ready-to-eat slices around the whole bird or ham. If it's a small party, try to carve (or have someone who can carve) so that the meat can be placed back together in its original shape . . . this makes all the difference.

MINIATURE BOWKNOT ROLLS

These are bought or made from a hot roll mix days or weeks ahead of time and kept in the freezer until the morning of the big day. Pop them into the oven for a couple of minutes just before serving.

FRUIT SALAD IN MELON OR PINEAPPLE BOWLS

You will need:

melon balls
pineapple
orange sections
strawberries
sliced peaches

Scoop the meat from ½ watermelon cut lengthwise, or from 3 pineapples also cut lengthwise and with the leaves left on. Cut melon meat into balls or neat chunks, pineapple into thin pieces. Combine with other fruits in season, or with 4 packages quick-frozen drained fruits; the list above is just a suggestion. Arrange the fruit attractively inside the melon shell or pineapple shells (if you use pineapple shells, set them

on a platter like spokes of a wheel, with leaves facing outward) Garnish with mint or nasturtium leaves or fresh burnet, an herb with a cucumbery taste.

At serving time:

Provide a separate bowl of honeyed French dressing made from 1½ cups oil, ½ cup lemon or lime juice, ½ teaspoon salt, 1 tablespoon honey. Stir thoroughly, color with ½ teaspoon paprika if desired.

TIERED WEDDING CAKE

This is an old fashioned wedding cake, gold as the sun. It is topped in the old-time way with a layer of fruit cake, also made from a mix. This top layer is not served at the wedding but is kept by the bride and served at her first anniversary . . or if you can't wait that long, bring it out at your very first dinner party.

You will need:

yellow cake mix	eggs
fruit cake mix	7-Minute Frosting mix

Make up two packages yellow cake mix according to package directions Bake in 4 layers (2 9-inch and 2 7 inch) in a moderate oven, 375° F., for 25 to 30 minutes or until cake is browned and shrinks slightly from pan edges.

Meanwhile, prepare and bake a package of fruit cake mix according to directions, but use a 6 inch layer pan. Cool layers and assemble with the biggest circles at the base. Frost between layers, and over the top of the cake put great swirls, with 7 Minute Frosting—your own special recipe or one made from 4 packages of 7 Minute Frosting mix. Decorate with fresh rosebuds and leaves or order regular wedding-cake decorations from your local bake shop.

PINK CHAMPAGNE PUNCH WITH FLOWERS FROZEN IN ICE

Not until the 19th century did delicate pastels begin to give way to white bridal gowns. Here is a champagne bowl, rosy in hue and reminiscent of that pale, pale pink known as "bridal blush."

You will need:

Riesling wine
quick-frozen strawberries
block of ice
flowers
champagne
Angostura Bitters

Combine 2 quarts well-chilled Riesling wine with 1 package quick-frozen strawberries and a large block of ice in a punch bowl. (Make your own block of ice in your freezer or freezing compartment of your refrigerator; place a bouquet of sweetheart roses with their own perfect leaves in the water before freezing.) Top off with 1 quart chilled champagne and ½ teaspoon Angostura Bitters and serve.

Bridal Menu II:

No-Work Reception

Reception Chicken Pies
Tomato Aspic with Caviar Mayonnaise
Green Salad with Cheese Julienne
Bought Wedding Cake
Ice Cream in Forms
Colonial Bride's Bowl

Instead of those ever-present chicken patties, this menu suggests fine, good-sized (even man-sized) chicken pies—the quick-frozen type that you can buy in our charmed times at any grocery. For this occasion they are enhanced with herbs and heated wine. A glittering ruby-colored tomato aspic comes straight out of a can, and the mere sprinkle of caviar does dressy wonders when combined with mayonnaise and sour cream. This time it's a bought cake, as beauteous

as the town affords, and ice cream molded into bells and birds (they can be ordered from your local ice cream distributor).

RECEPTION CHICKEN PIES

You will need:

quick-frozen chicken pies
eggs
pale dry sherry
fresh or dried chervil, tarragon, parsley, and/or chives
watercress

Brush a dozen quick-frozen chicken pies with 2 beaten eggs (if you need a bit more liquid, add a little milk to the eggs) and heat. Meanwhile, warm but do not boil ¾ cup dry sherry with 1 teaspoon mixed dried herbs such as tarragon, parsley, chives, and/or chervil. If you use fresh herbs, increase the amount to 1 tablespoon.

At serving time:

Cut a small round hole into the top of each pie. Insert a small funnel; pour in 1 tablespoon of the herb-flavored heated wine. Place a small nosegay of watercress in the hole and serve pies piping hot.

TOMATO ASPIC WITH CAVIAR MAYONNAISE

You will need:

canned tomato aspic
basil leaves
mayonnaise
sour cream
red salmon caviar
chopped chives or parsley (optional)

Open 3 cans tomato aspic (the kind that is already jellied in the tin). Add 1 teaspoon dried basil leaves and warm according to package directions. Pour into

ring mold which holds 1 quart; set in refrigerator to cool and jell.

At serving time:

Turn out on chilled plate. Garnish with parsley. In center of the mold set a low bowl for the dressing, made by combining 1 cup mayonnaise with 1 cup sour cream. Top with red salmon caviar and chopped chives if you wish.

GREEN SALAD WITH CHEESE JULIENNE

You will need:

salad greens
herbs
olive oil
lemon juice
cheese

Tear about 6 cups (1½ quarts) salad greens by hand into eatable bits—use romaine, iceberg or Boston lettuce, escarole, chicory, watercress, endive, and/or tender young leaves of spinach. Mix in finely cut herbs such as tarragon, basil, or chervil (no onion or garlic) . . about 4 tablespoons fresh herbs, or 2 tablespoons dried herbs which have been standing in a little olive oil for about 10 minutes.

At serving time:

Sprinkle greens with 2 teaspoons salt and liberal grindings of fresh black pepper. Slowly add ¼ cup olive oil, tossing the greens lightly until every leaf glistens. Sprinkle with 3 tablespoons vinegar. Top with long narrow slivers of Munster, Monterey Jack, or Bel Paese cheese, about ½ pound, and serve on chilled plates.

COLONIAL BRIDE'S BOWL

One guest at an early Connecticut wedding noted in his diary that the rum punch was served in a bowl "large enough for a goose to swim in." And on some of our early Southern plantations the bowl must have been great enough to float

2 geese, for it was the custom for servants to summon passing strangers from the highways to the wedding feast. In this comparatively servantless era we are perhaps more concerned with pruning the guest list than otherwise, but those who gather at the wedding reception can still enjoy the old-time flavor of a fine rum punch.

You will need:

quick-frozen pineapple chunks
quick-frozen lemonade concentrate
canned pineapple juice
gold label rum
quick-frozen strawberries
block of ice

Combine 1 package quick-frozen pineapple chunks, 1 6-ounce can quick frozen lemonade concentrate, 1 can (about 2 cups) pineapple juice, 2 cups water and 1½ bottles (fifths) gold label rum. Chill together for at least 2 hours.

At serving time:

Pour rum mixture over block of ice in punch bowl; add 1 12-ounce package quick frozen strawberries. Serves 12 most generously (it would serve up to 20 guests modestly).

Bridal Menu III:

Sit-Down Supper for Twelve

San Francisco Green Goddess Salad
Breadsticks
Breasts of Chicken Supreme Jeannette
Leaf Spinach au Gratin
Bride's Cake—Groom's Cake
Champagne

This is a meal that expresses with gaiety, simplicity, ease, and real elegance the most American traditions of fine eating. It starts in the California manner with one of the West Coast's most revered salads, goes on to breast of chicken presented in the Jeannette manner . . . which

Escoffier proudly claimed to have invented. But Escoffier never dreamed of the ways in which American cooks would translate it in this year of grace and tins. And, instead of 1 monumental wedding cake, this menu returns to the gentler past and boasts of 2 a bride's cake, and a groom's.

SAN FRANCISCO GREEN GODDESS SALAD

The magic is in the dressing and it's ever so simple to put together.

You will need:

garlic
anchovy fillets
onion
chopped parsley
sour cream
tarragon vinegar
chopped chives or green onion tops
salad greens
cooked shrimp or crab meat

Rub a bowl with garlic and add 8 chopped anchovy fillets, 2 slices minced onion, 2 teaspoons chopped parsley, 3 cups sour cream, 2 tablespoons tarragon vinegar, and 2 tablespoons chopped chives or green onion tops. This can be made a week in advance and stored in a covered jar in the refrigerator.

At serving time:

Arrange 3 or 4 cups shredded lettuce, romaine, escarole, and chicory on a plate, top with 4 cups canned or cooked quick-frozen shrimp or crab meat, drained, and heap on the Green Goddess dressing.

BREAST OF CHICKEN SUPREME JEANNETTE

This is a formal kind of dish, one you will want to use not only for your wedding party but many times as a center of attraction for luncheons, suppers, parties of all kinds In its original version, as it might have been prepared in the early years of the century, it would have taken a dozen hours Now even that most elaborate coating known as *chaud-froid* sauce presents no more difficulty than the opening of a can and adding a little dissolved gelatin The chicken breasts come al-

ready trimmed and beautifully packaged, 4 to a box. And all the putting together may be done 24 hours ahead of time, though it isn't wise to keep an aspic in the refrigerator much longer than 24 hours, since it can become rubbery. You may thaw the chicken breasts ahead of time, but it isn't necessary. You can put them in the oven in their frozen state and cook twice as long as usual.

You will need:

quick-frozen chicken breasts
butter
celery leaves
onion
cloves
gelatin
canned chicken broth
brandy
condensed cream of chicken soup
tarragon leaves & vinegar
liver pâté
truffles or black olives

The recipe divides itself into 4 simple steps: (1) cook the chicken; (2) prepare an aspic; (3) make *chaud-froid* sauce; (4) put aspic, chicken, and *chaud-froid* sauce together and garnish.

Butter a pyrex baking dish lavishly and place 12 unthawed quick frozen chicken breasts in the pan; brush them with butter too Place in the same dish celery tops and a quartered onion stuck with 2 cloves—no liquid. Cover closely with aluminum foil; cook 45 minutes to 1 hour in a moderately hot oven or until the meat is tender and snowy white. Discard celery and cloved onion. Let chicken cool; remove the bones. With your hands press each piece into a neat cutlet.

For the aspic. Soak 2 envelopes gelatin in ¾ cup cold water, then stir into 3 tins chicken broth, heated; stir until dissolved and add 2 tablespoons brandy. Pour into 2 rectangular dishes . . . pyrex serving dishes or any other attractive shallow containers long enough to accommodate 6 breasts apiece (even dishes usually intended for flower bulbs will do). If you can find 1 large enough to hold all 12 pieces of chicken, that's fine. The aspic should be ½ inch thick. Set in your freezing compartment about 15 minutes, or in refrigerator until set.

For the chaud-froid sauce: Strain bits from 3 tins condensed cream of chicken soup. Dissolve 3 envelopes

gelatin in ¾ cup water; add to 1 tin heated chicken broth and stir until dissolved. Add this mixture to the strained chicken soup with 3 tablespoons tarragon vinegar. Swift-chill 5 or 10 minutes in the freezer or until cool but not set.

Open at both ends 3 tins of liver *pâté* and push out the cylinders of *pâté*. Cut them lengthwise into 4 pieces each. Lay the small pillows of liver *pâté* on the aspic and set over each a chicken breast. Coat the chicken breasts with *chaud froid* sauce just as if you were frosting a cupcake .Decorate each cutlet with sprigs of tarragon; the kind that comes in tarragon vinegar will do nicely. (If you use fresh tarragon, dip the leaves in hot water momentarily so that they lie flat.) Garnish also with halved small black olives, pitted side up, or small circles of truffles. Cover with aluminum foil and store in refrigerator.

LEAF SPINACH AU GRATIN

You will need:

quick frozen spinach
nutmeg
butter
Welsh rarebit
bread crumbs

Cook 4 packages of quick-frozen leaf spinach according to directions. Dress spinach with ¼ pound butter, ½ teaspoon nutmeg. Place in a buttered baking dish which can come to the table. Spread over the top 2 jars Welsh rarebit. Sprinkle with bread crumbs and set in a moderate oven, 350° F., about 20 minutes or until golden brown and bubbly.

BRIDE'S CAKE

Herman Smith, in writing about his sister's wedding and the prowess of an Alsatian cook named Stina, told of the charms of the wedding dinner in a little town in Michigan many years ago. Then they had not merely one wedding cake but two cakes glistening with white icing. Although ours are both made from mixes and astonishingly easy to do at home,

they are quite literal translations of a "Bride's Cake, 1870," and "Groom's Cake, 1883."

You will need:

white cake mix
rose and almond extract
butter
7-Minute Frosting mix
silver shot

Make up 1 package white cake mix according to package directions Add ½ teaspoon rose extract and ½ teaspoon almond extract (or 1 teaspoon almond only). Turn batter into a greased and floured 10-inch tube pan or angel cake pan, or a 9-inch circular pan about 2 inches deep Bake in a moderate oven, 350° F., 30 35 minutes or until the cake shrinks from the sides of the pan. Turn upside down on a cake rack and allow to hang 1 hour. Ice with 7-Minute Frosting made from a mix. Decorate prettily—silver shot is a traditional embellishment, and a figurine of the bride may stand on the top or shyly to one side If you use a tube pan, place a small glass of water in the center to hold a nosegay of fresh flowers.

GROOM'S CAKE

For this there are any number of recipes just as for Bride's Cake. Generally the groom's cake is a dark one, rich, fruity, spicy often flavored with brandy and generally 4-square.

You will need:

fruit cake mix
eggs
brandy
orange juice
almonds
7-Minute Frosting mix

We find it easy indeed and most satisfactory to use 2 packages of fruit cake mix. Empty contents of 2 packages of mix into a bowl; add 2 unbeaten eggs, 2 tablespoons brandy, 2 tablespoons orange juice. Beat until well blended (75 85 strokes). Fold in fruit mixture from the small cans that come with the mix. Add 1 cup slivered almonds. Pour batter into 2 baking

pans (also included with the mix) lined with glassine paper. Bake in the center of a slow oven, 300° F., uncovered, 1¼-1½ hours. Remove from oven; let stand 15 minutes in the pans, then remove and cool thoroughly on a wire rack.

Place the two fruit cakes together upside down to form a square. Ice with 7-Minute Frosting from a mix. Set a figure of the groom in one corner and make a pathway in front of him using almonds, leading across the cake toward the little figurine on the Bride's Cake.

CHAMPAGNE

Champagne is the favored drink for wedding receptions, and a fine champagne needs no adornment. Just be sure it is chilled but not icy; too much cold kills the flavor. Choose a fine imported or an American champagne from California or the Finger Lakes region of New York. Two quarts will suffice for a toast at the end of the meal for a party of 12. Or increase the amount as you wish, to serve throughout the meal. Count on 6 glasses to 1 quart.

Bridal Menu IV:

The Light Repast

Finger Sandwiches Checkerboard Sandwiches
Angel Pyamid
Georgia Lime Punch

Not quite a meal—but quite a comforting amount of good and festive eating this wedding menu could be set forth even in a small apartment. It requires no china, being all finger food . . . but you might have gold or silver paper plates on hand. The color scheme, as is neat and proper, combines springlike greens with bridal whites. This is one menu where the punch is bubbly but quite innocent of alcohol (though, if you wish, you can add brandy or liqueurs).

FINGER SANDWICHES

You will need:

butter
milk
thin-sliced bread
white meat of chicken or turkey
cucumbers

Mix ½ pound butter with 2 tablespoons milk and work together until smooth and soft enough to spread easily. Butter 24 slices thin-sliced bread. Have white meat of turkey or chicken cut as thin as paper (have it done on a delicatessen slicing machine). Use about 18 slices of meat, putting 2 or 3 layers on each of 6 slices of bread. Sprinkle with salt and pepper. Top with another 6 slices. Remove crusts and cut each sandwich into 3 strips or fingers.

Slice thinly 3 or 4 young, tender, unpeeled medium-sized cucumbers. Cover 6 slices bread with cucumber slices, salt lightly, top with remaining 6 slices. Remove crusts and cut each sandwich into 3 fingers.

Wrap sandwiches in stacks in waxed paper, then in aluminum foil; place in the freezer. These are so thin and dainty that they will defrost at room temperature in about an hour . . . will taste wonderfully fresh.

CHECKERBOARD SANDWICHES

You will need:

cream cheese
minced nuts
Tobasco Sauce
sour cream
watercress
bread

Mix 1 3-ounce package cream cheese with ½ cup minced nuts (walnuts are good) and a dash or two of Tabasco Spread on 8 slices of bread from which crusts have been trimmed.

Mix another 3-ounce package cream cheese with 1 tablespoon sour cream, season with salt and pepper, and spread on another 8 slices of trimmed bread.

Cut slices into 4 squares each; wrap and freeze the 2 kinds separately. (The final garnish of chopped watercress must be added at the last minute.) An hour or

so ahead of serving time, remove from the freezer; sprinkle the sour-cream-cheese mixture with 1 cup coarsely chopped watercress—a matter of a few quick gestures—and place alternate squares of green and white canapés on square trays in checkerboard pattern.

ANGEL PYRAMID

Another idea to take the place of the regular wedding cake.

You will need:

angel food cake mix
almond-butter icing
toothpicks
tall tumbler

Make up 2 packages of angel food cake mix according to directions but, instead of baking in a regular pan, place the batter in small *ungreased* muffin tins, filling them half full . . . you should have 32 to 36 cupcakes. Bake in a moderate oven, 375° F., 12 to 15 minutes or until cupcakes shrink from the sides of the pans and are lightly, evenly browned. Turn pans upside down on cake racks to cool, letting them hang about ½ hour; remove from pans. Brush off crumbs. Frost top and sides with almond-butter icing; combine 4 tablespoons softened butter, 4 cups confectioner's sugar, 1 teaspoon almond extract, ¼ teaspoon salt, about 6 tablespoons heated milk. Let frosting set.

To build the pyramid: set a tall tumbler or vase upside down on an attractive plate or tray covered with a lace paper doily. Make a circle of frosted cupcakes about 10 inches in diameter around the tumbler. On top of each 2 cupcakes, slightly in from the edge, set your second row, pressing the cakes together gently so that the frosting acts as a kind of mortar. The third tier goes on like the second, a little closer to the center—like building with kindergarten blocks. If cakes show any tendency to topple, pin them together with toothpicks. The topmost cake is set on the top of the glass, and you use a little frosting or circlet of leaves or flowers to hide the glint of crystal. Around the base of the pyramid set rose leaves. If here and there, there

should be some interstices, a sweetheart rosebud would be charming.

At serving time:

Every person helps himself to the cupcakes, breaking off 1 or 2 or 3.

GEORGIA LIME PUNCH

This is a delicious nonalcoholic punch, but you may add ¼ cup brandy or *crème de menthe* if you wish.

You will need:

7-Up or Tom Collins mix
lime sherbet

Combine 2 quarts 7-Up or Tom Collins mix with 1 quart lime sherbet in a chilled punch bowl. Stir until sherbet is softened but not melted.
This idea is capable of infinite variation; you might start with 2 quarts of sparkling water and add lemon, orange, or pineapple sherbet and, if you like, curaçao, Cointreau, or Grand Marnier to your taste.

X

"Time is the X-thing that marries a stew" But, in this day and age, it needn't be *your* time. All the really fine prepared stews, soups, sauces, and quick-frozen specialties have been made from the same ingredients that you would use, and with the addition of Time, art, and skill. All that remains for you is to translate them into your own idiom, to serve them in your own inimitable fashion, and with your sweetest smile.

TIME IS THE X-THING

Time is a magic . . .
a never-touched thing
that no spoon can measure
or cupped hand bring.

Time is a savor . . .
with fire and with spice
Time is a mellowing,
wizard's device.

Taste time in the wine,
the "marmite, calalu"
Time is the X-thing
that marries a stew.
But it could be frozen—
with a touch of wine.

Y

is for You. The personal touch that makes ready-made food as distinctive as the way you smile. Have a few specialties à la You and don't be afraid to serve them again and again. Style counts, in food as well as fashion.

Z

is for the Zest which can be added only by your loving hands. For zest is an unnamable, evanescent, mysterious, and enchanting something which makes a dish served up by a bride to her love wonderfully and unbelievingly enticing. The charm which affection lends to certain foods has for centuries been recognized. During the Renaissance, for instance, it was a requirement that a salad of spring greens and herbs must not be mixed with fork and spoon but by the fingers of a beloved lady. You too will find a thousand culinary ways to say: "I love you."

DOMESTIC VILLANELLA

How can I say I love you
as I do
save through this liturgy of common things
save through the simple, ordinary things
I do

The way I pull the curtain to the side
so that the sunlight may more featly pour
for your delight
. . . . the frozen dough I shape with these two hands
for you
the pies I thaw
the cookie dough I slice . . .
and dash with spice.

How can I say I love you
as I do
just by the foods (seasoned with joy) that I fix for you,
just by the way, at dusk, I look for you. . . .
"I do."

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